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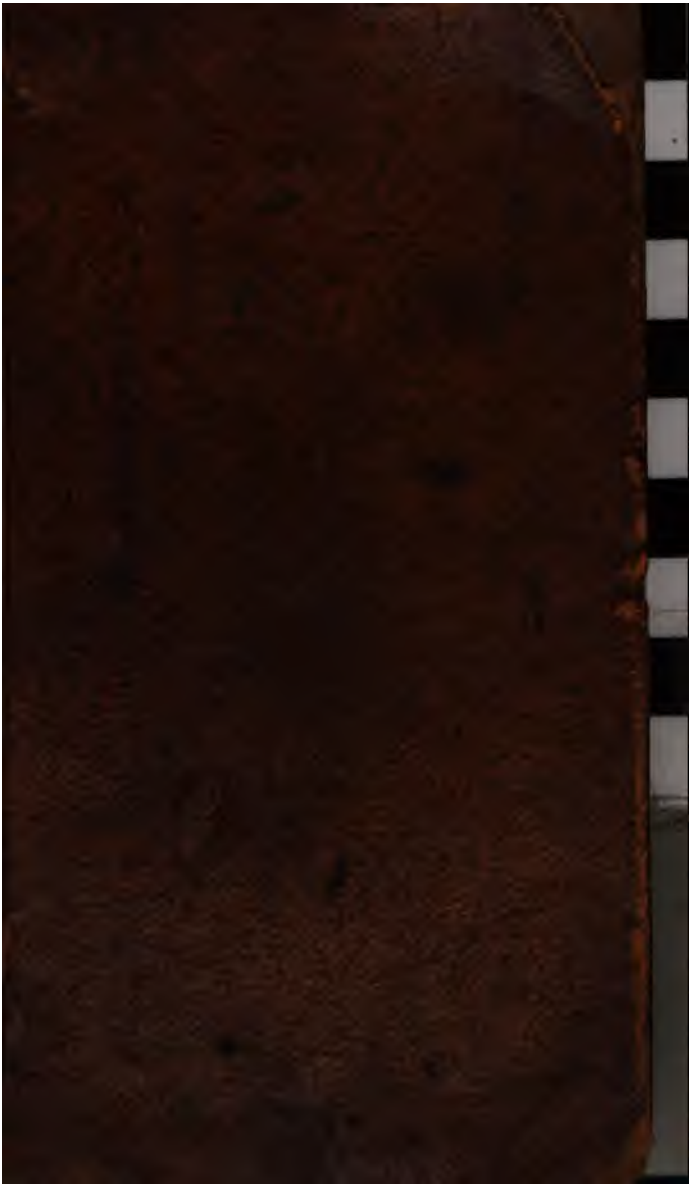

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THE

# ENGLISH PHYSICIAN

## *ENLARGED*

With Three Hundred and Sixty Nine

# MEDICINES

MADE OF

# *ENGLISH HERBS,*

That were not in any IMPRESSION until THIS.

BEING

An Astrologo-Physical discourse of the Vulgar Herbs of this Nation, containing a complete Method of Physic, whereby a Man may preserve his Body in Health, or cure himself, being Sick, for Three-pence Charge, with such Things only as grow in England, they being most fit for English Bodies.

Herein is also shewed these Seven Things, viz. The way of making Plaisters, Ointments, Oils, Poultices, Syrups, Decoctions, Juleps, or Waters of all sorts of Physical Herbs, that you may have them ready for your use at all times of the Year. 2. What Planet governeth every Herb or Tree (used in Physic) that groweth in England. 3. The time of gathering all Herbs, both Vulgarly and Astrologically. 4. The way of drying and keeping the Herbs all the Year. 5. The way of keeping their juice ready for Use at all times. 6. The way of making and keeping all kinds of useful Compounds made of Herbs. 7. The way of mixing Medicines according to the Cause and Mixture of the Disease and Part of the Body afflicted.

By *NICH. CULPEPPER*, Gent.
Student in Physic and Astrology.

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THE

THE

# ENGLISH PHYSICIAN

## ENLARGED.

### Amara Dulcis.

CONSIDERING divers ſhires in this nation give divers names to one and the ſame herb, and that the common name which it bears in one county, is not known in another; I ſhall take the pains to ſet down all the names that I know of each herb: Pardon me for ſetting that name firſt, which is moſt common to myſelf. Beſides Amara dulcis, ſome call it Mortal, others Bitter-ſweet; ſome Woody Night-ſhade, and others Felon-wort.

*Deſcript.*] It grows up with woody ſtalks even to a man's height, and ſome times higher. The leaves fall off at the approach of Winter, and ſpring out of the ſame ſtalk at Spring-time. The branch is compaſſed about with a whitiſh bark, and hath a pith in the middle of it: The main branch branches itſelf into many ſmall ones with claſpers, laying hold on what is next to them, as vines do: It bears many leaves, they grow in no order at all, at leaſt in no regular order; The leaves are longiſh, though ſomewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-ſtalk; ſome have but one, and ſome none. The leaves are of a pale green colour; the flowers are of a purple colour, or of a perfect blue like to violets, and they ſtand many of them together in knots; the berries are green at firſt, but when they are ripe they are very red: if you taſte them, you ſhall find them juſt as the crabs which we in Suſſex call bitter-ſweets, *viz.* ſweet at firſt, and bitter afterwards.

*Place.*] They grow commonly almoſt throughout England, eſpecially in moiſt and ſhady places.

*Time.*] The leaves ſhoot out about the latter end of March if the temperature of the air be ordinary; it flowereth in July, and the ſeeds are ripe ſoon after, uſually in the next month.

*Government and Virtues.*] It is under the planet Mer-

cury and a notable herb of his also, if it be rightly gathered under his influence. It is excellent good to remove witchcraft both in men and beasts, as also all sudden diseases whatsoever. Being tied round about the neck, is one of the admirablest remedies for the vertigo or dizziness in the head that is; and that is the reason (as Tragus saith) the people in Germany commonly hang it about their cattle's necks, when they fear any such evil hath befalled them; Country people commonly use to take the berries of it, and having bruised them, they apply them to felons, and thereby soon rid their fingers of such troublesome guests.

We have now shewed you the external use of the herb; we shall speak a word or two of the internal, and so conclude. Take notice, it is a Mercurial herb, and therefore of very subtile parts, as indeed all Mercurial plants are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as oak) then put it in a pot, and put to it three pints of white wine, put on the pot-lid and shut it close; and let it infuse hot over a gentle fire twelve hours, then strain it out, so you have a most excellent drink to open obstructions of the liver and spleen, to help difficulty of breath, bruises and falls, and congealed blood in any part of the body, it helps the yellow jaundice, the dropsy and black jaundice, and to cleanse women newly brought to bed. You may drink a quarter of a pint of the infusion every morning. It purgeth the body very gently, and not churlishly as some hold. And when you find good by this, remember me.

They that think the use of these medicines is too brief, it is only for the cheapness of the book; let them read those books of mine, of the last edition, viz. *Riverius*, *Vellingus*, *Midlanus*, *Johnson*, *Sennertus*, and *Physic for the Poor*.

ALL-HEAL.

IT is called All-heal, Hercules' All-heal, and Hercules' Wound-wort, because it is supposed that Hercules learned the herb and its virtues from Chiron, when he learned physic of him. Some call it Panax, and others Opopanax wort.

*Description.* Its root is long, thick, and exceeding full of juice, of a hot and biting taste, the leaves are great and large, and winged almost like ash-tree leaves, but that they are

something hairy, each leaf consisting of five or six pair of such wings set one against the other upon foot-stalks, broad below, but narrow towards the end; one of the leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh green colour; they are of a bitterish taste, being chewed in the mouth. From among these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six feet high in altitude, with many joints and some leaves thereat: Towards the top come forth umbels of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

*Place.*] Having given you the description of the herb from the bottom to the top, give me leave to tell you, that there are other herbs called by this name; but because they are strangers in England, I give only the description of this, which is easily to be had in the gardens of divers places.

*Time.*] Although Gerrard saith, That they flower from the beginning of May to the end of December, experience teacheth them that keep it in their gardens, that it flowers not till the later end of the Summer, and sheds its seed presently after.

*Government and Virtues.*] It is under the dominion of Mars, hot biting, and cholerick; and remedies what evils Mars afflicts the body of man with, by sympathy, as vipers flesh attracts poison, and the loadstone iron. It kills the worms, helps the gout, cramp, and convulsions, provokes urine, and helps all joint-aches. It helps all cold griefs of the head, the vertigo, falling sickness, the lethargy, the wind colick, obstructions of the liver and spleen, stone in the kidneys and bladder. It provokes the terms, expels the dead birth: It is excellent good for the griefs of the sinews, neck, sciatica, and tooth-ache, the biting of mad dogs and venomous beasts, and purgeth choler very gently.

## Alkanet.

BESIDES the common name, it is called Orchanet, and Spanish Bugloss, and by apothecaries, Enchusa.

*Descript.*] Of the many sorts of this herb, there is but one known to grow commonly in this nation; of which one take this description: It hath a great and thick root, of a reddish colour, long, narrow hairy leaves, green like the

leaves of Bugloss, which lie very thick upon the ground; the stalks rise up compassed round about, thick with leaves, which are lesser and narrower than the former; they are tender, and slender, the flowers are hollow, small, and of a reddish colour.

*Place.*] It grows in Kent near Rochester, and in many places in the West Country, both in Devonshire and Cornwall.

*Time.*] They flower in July, and the beginning of August, and the seed is ripe soon after, but the root is in its prime, as carrots and parsnips are, before the herb runs up to stalk.

*Government and Virtues.*] It is an herb under the dominion of Venus, and indeed one of her darlings, though somewhat hard to come by. It helps old ulcers, hot inflammations, burnings by common fire, and St Anthony's fire, by antipathy to Mars; for these uses, your best way is to make it into an ointment; also, if you make a vinegar of it, as you make vinegar of roses, it helps the megrim and leprosy; if you apply the herb to the privities, it draws forth the dead child. It helps the yellow jaundice, spleen, and gravel in the kidneys. Dioscorides saith, it helps such as are bitten by a venomous beast, whether it be taken inwardly, or applied to the wound: nay, he saith further, if any one that hath newly eaten it, do but spit into the mouth of a serpent, the serpent instantly dies. It stays the flux of the belly, kills worms, helps the fits of the mother. Its decoction made in wine, and drank, strengthens the back, and easeth the pains thereof: It helps bruises and falls, and is as gallant a remedy to drive out the small pox and measles as any is; an ointment made of it, is excellent for green wounds, pricks or thrusts.

## Adder's Tongue or Serpent's Tongue.

*Descript.*] THIS herb hath but one leaf, which grows with the stalk a finger's length above the ground, being flat and of a fresh green colour; broad like Water Plantane, but less, without any rib in it; from the bottom of which leaf, on the inside, riseth up (ordinarily) one, sometimes two or three slender stalks, the upper half whereof is somewhat bigger, and dented with small dents of a yellowish green colour, like the tongue of an adder serpent (only this is useful when they are formidable.) The roots continue all the year.

*Place.*] It grows in moist meadows, and such like places.

*Time.*] It is to be found in May or April, for it quickly perisheth with a little heat.

*Government and Virtues.*] It is an herb under the dominion of the Moon and Cancer, and therefore if the weakness of the retentive faculty be caused by an evil influence of Saturn in any part of the body governed by the Moon, or under the dominion of Cancer, this herb cures it by sympathy: It cures those diseases after specified, in any part of the body under the influence of Saturn, by antipathy.

It is temperate in respect of heat, but dry in the second degree. The juice of the leaves drank with the distilled water of Horse-tail, is a singular remedy for all manner of wounds in the breast, bowls, or other parts of the body, and is given with good success unto those that are troubled with casting, vomiting, or bleeding at the mouth or nose, or otherwise downwards. The said juice given in the distilled water of Oaken-buds, is very good for women who have their usual courses, or the whites flowing down too abundantly. It helps sore eyes. Of the leaves infused or boiled in oil, omphacine, or unripe olives, set in the sun for certain days, or the green leaves sufficiently boiled in the said oil, is made an excellent green balsam, not only for green and fresh wounds, but also for old and inveterate ulcers, especially if a little fine clear turpentine be dissolved therein. It also slayeth and refresheth all inflammations that arise upon pains by hurts and wounds.

What parts of the body are under each planet and sign, and also what disease may be found in my astrological judgment of diseases; and for the internal work of nature in the body of man; as vital, animal, natural and procreative spirits of man; the apprehension, judgment, memory; the external senses, viz. Seeing, hearing, smelling, tasting and feeling; the virtues attractive, retentive, digestive, expulsive, &c. under the dominion of what planets they are, may be found in my *Ephemeris* for the year 1651. In both which you shall find the chaff of authors blown away by the fame of Dr. Reason, and nothing but rational truths left for the ingenuous to feed upon.

Lastly, to avoid blotting paper with one thing many

times, and also to ease your purses in the price of the book, and withal to make you studious in physick; you have at the latter end of the book, the way of preserving all herbs either in juice, conserve, oil, ointment or plaister, electuary, pills or troches.

## AGRIMONY.

*Descript.* THIS hath divers long leaves (some greater, some smaller) set upon a stack, all of them dented about the edges, green above, and greyish underneath, and a little hairy withal. Among which ariseth up usually but one strong, round, hairy, brown stalk, two or three feet high, with smaller leaves set here and there upon it. At the top hereof grow many small yellow flowers, one above another, in long spikes; after which come rough heads of seed, hanging downwards, which will cleave to and stick upon garments, or any thing that shall rub against them. The knot is black, long, and somewhat woody, abiding many years, and shooting afresh every Spring; which root, though small, hath a reasonable good scent.

*Place.* It groweth upon banks, near the sides of hedges.

*Time.* It floweth in July and August, the seed being ripe shortly after.

*Government and Virtues.* It is an herb under Jupiter, and the sign Cancer; and strengthens those parts under the planet and sign, and removes diseases in them by sympathy, and those under Saturn, Mars and Mercury by antipathy, if they happen in any part of the body governed by Jupiter, or under the signs Cancer, Sagittary, or Pisces, and therefore must needs be good for the gout, either used outwardly in oil or ointment, or inwardly in an electuary, or syrup, or conserved juice; for which see the latter end of this book.

It is of a cleansing and cutting faculty, without any manifest heat, moderately drying and binding. It openeth and cleanseth the liver, helpeth the jaundice, and is very beneficial to the bowels, healing all inward wounds, bruises, hurts, and other distempers. The decoction of the herb made with wine, and drank, is good against the biting and stinging of serpents, and helps them that make foul, troubled or bloody water, and makes them piss clear speedily. It also helpeth the colick, cleanseth the breast and ride away

the cough. A draught of the decoction taken warm before the fit, firſt removes, and in time rids away the tertain or quartan agues. The leaves and ſeeds taken in wine, ſtays the bloody flux; outwardly applied, being ſtamped with old ſwines greaſe, it helpeth old ſores, cancers, and inveterate ulcers, and draweth forth thorns and ſplinters of wood, nails, or any other ſuch things gotten in the fleſh. It helpeth to ſtrengthen the members that be out of joint; and being bruiſed and applied, or the juice dropped in it, helpeth foul and impoſthumed ears.

The diſtilled water of the herb is good to all the ſaid purpoſes, either inward or outward, but a great deal weaker.

It is a moſt admirable remedy for ſuch whoſe lives are annoyed either by heat or cold. The liver is the former of blood, and blood the nouriſher of the body, and Agrimony a ſtrengthener of the liver.

I cannot ſtand to give you a reaſon in every herb, why it cureth ſuch diſeaſes: but if you pleaſe to peruſe my judgment in the herb Wormwood, you ſhall find them there, and it will be well worth your while to conſider it in every herb, you ſhall find them true throughout the book.

## Water Agrimony.

IT is called, in ſome countries, Water Hemp, Baſtard Hemp, and Baſtard Agrimony, Eupatorium, and Hepatorium, becauſe it ſtrengthens the liver.

*Deſcript.*] The root continues a long time, having many long ſlender ſtrings. The ſtalk grows up about two feet high, ſometimes higher. They are of a dark purple colour: The branches are many, growing at diſtances the one from the other, the one from the one ſide of the ſtalk, the other from the oppoſite point. The leaves are winged, and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, ſpotted with black ſpots, having a ſubſtance within the midſt of them like that of a Daiſy: If you rub them between your fingers, they ſmell like roſin or cedar when it is burnt. The ſeeds are long, and eaſily ſtick to any woolen thing they touch.

*Place.*] They delight not in heat, and therefore they are not ſo frequently found in the ſouthern parts of England, as the northern where they grow frequently: You may

look for them in cold grounds, by ponds and ditches sides, as also by running waters; sometimes you shall find them grow in the midst of the waters.

*Time.*] They all flower in July or August, and the seed is ripe presently after.

*Government and Virtues.*] It is a plant of Jupiter, as well as the other Agrimony, only this belongs to the celestial sign Cancer. It healeth and dryeth, cutteth and cleanseth thick and tough humours of the breast; and for this I hold it inferior to but few herbs that grow. It helps the cachexia or evil disposition of the body, the dropsy and yellow jaundice. It opens obstructions of the liver, mollifies the hardness of the spleen, being applied outwardly. It breaks imposthumes taken inwardly; It is an excellent remedy for the third day ague. It provokes urine and the terms; it kills worms, and cleanseth the body of sharp humours, which are the cause of itch and scabs; the herb being burnt, the smoke thereof drives away flies, wasps, &c. It strengthens the lungs exceedingly. Country people give it to their cattle when they are troubled with the cough, or broken-winded.

## Alehoof, or Ground-ivy.

SEVERAL counties give it several names, so that there is scarce an herb growing of that bigness that has got so many: It is called Cut's-foot, Ground-ivy, Gill-go by-ground, and Gill-creep-by-ground, Tunhoof, Haymaids, and Alehoof.

*Descript.*] This well known herb lieth, spreadeth, and creepeth upon the ground, shooteth forth roots at the corners of tender jointed stalks, set with two round leaves at every joint somewhat hairy, crumpled, and unevenly dented about the edges with round dents; at the joints likewise, with the leaves towards the end of the branches, come forth hollow, long flowers, of a blueish purple colour, with small white spots upon the lips that hang down. The root is small with strings.

*Place.*] It is commonly found under hedges, and on the sides of ditches, under houses, or in shadowed lanes, and other waste grounds, in almost every part of this land.

*Time.*] They flower somewhat early, and abide a great

while; the leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

*Government and Virtues.*] It is an herb of Venus, and therefore cures the diseases she causes by sympathy, and those of Mars by antipathy; you may usually find it all the year long, except the year be extremely frosty; it is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular herb for all inward wounds, exulcerated lungs, or other parts, either by itself, or boiled with other like herbs; and being drank, in a short time it easeth all griping pains, windy and choleric humours in the stomach, spleen or belly; helps the yellow jaundice, by opening the stoppings of the gall and liver, and melancholy, by opening the stoppings of the spleen; expelleth venom or poison, and also the plague; it provokes urine and women's courses; the decoction of it in wine drank for some time together, procureth ease unto them that are troubled with the sciatica, or hip-gout: as also the gout in hands, knees, or feet; if you put to the decoction some honey and a little burnt allum, it is excellent good to gargle any sore mouth or throat, and to wash the sores and ulcers in the privy parts of man or woman; it speedily helpeth green wounds, being bruised and bound thereto. The juice of it boiled with a little honey and verdigrease, doth wonderfully cleanse fistulas, ulcers, and slayeth the spreading or eating of cancers and ulcers; it helpeth the itch, scabs, wheals, and other breakings out in any part of the body. The juice of Celandine, Field-daisies, and Ground-ivy clarified, and a little fine sugar dissolved therein, and dropped into the eyes, is a sovereign remedy for all pains, redness, and watering of them; as also for the pin and web, skins and films growing over the sight; it helpeth beasts as well as men. The juice dropped into the ears, doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to turn up with new drink, for it will clarify it in a night, that it will be the fitter to be drank the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

ALEXANDER.

IT is also called Alisander, Horse-parsley, and Wild-parsley, and the Black Pot-herb; the seed of it is that which is usually sold in apothecaries shops for Macedonian Parsley-seed.

*Descript.*] It is usually sown in all the gardens in Europe, and so well known, that it needs no farther description.

*Time*] It flowereth in June and July; the seed is ripe in August.

*Government and Virtues.*] It is an herb of Jupiter, and therefore friendly to nature, for it warmeth a cold stomach, and openeth a stoppage of the liver and spleen; it is good to move womens courses, to expel the after-birth, to break wind, to provoke urine, and helpeth the strangury; and these things the seeds will do likewise. If either of them be boiled in wine, or being bruised and taken in wine, is also effectual against the biting of serpents. And you know what Alexander postage is good for, that you may no longer eat it out of ignorance, but out of knowledge.

The Black ALDER-TREE.

*Descript.* THIS tree seldom groweth to any great bigness but for the most part abideth like a hedge bush, or a tree spreading its branches, the wood of the body being white, and a dark red core, or heart; the outward bark is of a blackish colour, with many whitish spots therein; but the inner bark next the wood is yellow, which being chewed, will turn the spittle near into a saffron colour. The leaves are somewhat like those of an ordinary Alder-tree, or the Female Cornet, or Dogberry-tree, called in Sussex Dog-wood, but blacker, and not so long. The flowers are white, coming forth with the leaves at the joints, which turn into small round berries, first green, afterwards red, but blackish when they are thorough ripe, divided, as it were, into two parts, wherein is contained two small round and flat seeds. The root runneth not deep into the ground, but spreads rather under the upper cruft of the earth.

*Place.*] This tree or shrub may be found Plentifully in St John's wood by Hornsey, and the woods upon Hamstead-Heath; as also a wood called the Old Park in Barcomb in Essex, near the brooks sides.

*Time.*] It floweretb in May, and the berries are ripe in September.

*Government and Virtues.*] It is a tree of Venus, and perhaps under the celestial sign Cancer. The inner yellow bark hereof purgeth downwards both choler and phlegm, and the watery humours of such that have the dropsy, and strengthens the inward parts again by binding. If the bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops and some Fennel, with Smallage, Endive, and Succory-roots, and a seasonable draught taken every morning for some time together, it is very effectual against the jaundice, dropsy, and the evil disposition of the body, especially if some suitable purging medicines have been taken before, to void the grosser excrements; It purgeth and strengtheneth the liver and spleen, cleansing them from such evil humours and hardness as they are afflicted with. It is to be understood that these things are performed by the dried bark; for the fresh green bark taken inwardly provokes strong vomitings, pains in the stomach, and gripings in the belly; yet if the decoction may stand and settle two or three days, until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach, and procure an appetite to meat. The outward bark contrariwise doth bind the body, and is helpful for all lasks and fluxes thereof, but this also must be dried first, whereby it will work the better. The inner bark thereof boiled in vinegar is an approved remedy to kill lice, to cure the itch, and take away scabs, by drying them up in a short time. It is singular good to wash the teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The leaves are good fodder for kine, to make them give more milk.

If in the Spring-time you use the herbs before-mentioned, and will take but a handful of each of them, and to them add an handful of Elder buds, and having bruised them all, boil them in a gallon of ordinary beer, when it is new; and having boiled them half an hour, add to this three gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts, it is an excellent purge for the Spring, to consume the

phlegmatic quality the Winter hath left behind it, and withal to keep your body in health, and consume those evil humours which the heat of Summer will readily stir up. Esteem it as a jewel.

## The common Alder-tree.

*Descript.*] GROWETH to a reasonable height, and spreads much if it like the place. It is so generally well known unto country people, that I conceive it needless to tell that which is no news.

*Place and Time.*] It delighteth to grow in moist woods, and watry places; flowering in April or May, and yielding ripe seed in September.

*Government and Use.*] It is a tree under the dominion of Venus, and of some watry sign or other, I suppose Pisces; and therefore the decoction, or distilled water of the leaves, is excellent against burnings and inflammations, either with bands or without, to bathe the place grieved with, and especially for that inflammation in the breast, which the vulgar call an ague.

If you cannot get the leaves (as in Winter 'tis impossible) make use of the bark in the same manner.

The leaves and bark of the Alder-tree are cooling, drying, and binding. The fresh leaves laid upon swellings dissolve them, and slay the inflammations. The leaves put under the bare feet galled with travelling, ease a great refreshing to them. The said leaves gathered while the morning dew is on them, and brought into a chamber troubled with fleas, will gather them thereunto, which being suddenly cast out, will rid the chamber of those troublesome bed-fellows.

## Angelica.

TO write a description of that which is so well known to be growing almost in every garden, I suppose is altogether needless; yet for its virtues it is of admirable use.

In time of Heathenism, when men had found out any excellent herb, they dedicated it to their gods; as the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules. These the Papists following, as the Patriarchs, they dedicate to their Saints; as our Lady's Thistle to the Blessed Virgin, St. John's Wort to St. John,

and another Wort to St Peter, &c. Our phyſicians muſt imitate like apes (though they cannot come off half ſo cleverly) for they blaſphemouſly call Phanſies or Hearts-eaſe, *an herb of the Trinity*, becauſe it is of three colours: And a certain ointment, *an ointment of the Apoſtles*, becauſe it conſiſts of twelve ingredients: Alas, I am ſorry for their folly, and grieved at their blaſphemy; God ſend them wiſdom the reſt of their age, for they have their ſhare of ignorance already. Oh! Why muſt ours be blaſphemous, becauſe the Heathens and Papiſts were idolatrous? Certainly they have read ſo much in old ruſty authors, that they have loſt all their divinity; for unleſs it were amongſt the Ranters, I never read or heard of ſuch blaſphemy. The Heathens and Papiſts were bad, and ours worſe; the Papiſts giving idolatrous names to herbs for their virtues ſake, not for their fair looks; and therefore ſome called this an herb of the *Holy Ghoſt*; others more moderate called it Angelica, becauſe of its angelical virtues, and that name it retains ſtill, and all nations follow it ſo near as their dialect will permit.

*Government and Virtues.*] It is an herb of the Sun in Leo; let it be gathered when he is there, the Moon applying to his good aſpect; let it be gathered either in his hour, or in the hour of Jupiter, let Sol be angular; obſerve the like in gathering the herbs of other planets, and you may happen to do wonders. In all epidemical diſeaſes cauſed by Saturn, that is as good a preſervative as grows: It reſiſts poiſon, by defending and comforting the heart, blood, and ſpirits; it doth the like againſt the plague and all epidemical diſeaſes, if the root be taken in powder to the weight of half a dram at a time, with ſome good treacle in Carduus water, and the party thereupon laid to ſweat in his bed; if treacle be not to be had, take it alone in Carduus or Angelica water. The ſtalks or roots candied and eaten faſting, are good preſervatives in time of infection; and at other times to warm and comfort a cold ſtomach The root alſo ſteeped in vinegar, and a little of that vinegar taken ſometimes faſting, and the root ſmelled unto, is good for the ſame purpoſe. A water diſtilled from the root ſimply, as ſteeped in wine, and diſtilled in a glaſs, is much more effectual than the water of the leaves; and this wa-

drank two or three ſpoonfuls at a time, eaſeth all pains and torments coming of cold and wind, ſo that the body be not bound; and taken with ſome of the root in powder at the beginning, helpeth the pleuriſy, as alſo all other diſeaſes of the lungs and breaſt, as coughs, phthyſick, and ſhortneſs of breath; and a ſyrup of the ſtalks do the like. It helps pains of the colick, the ſtrangury and ſtoppage of the urine, procureth womens courſes, and expelleth the after-birth, openeth the ſtoppings of the liver and ſpleen, and briefly eaſeth and diſcuſſeth all windineſs and inward ſwellings. The decoction drunk before the fit of an ague, that they may ſweat (if poſſible) before the fit comes, will, in two or three times taking, rid it quite away; it helps digeſtion, and is a remedy for a ſurfeit. The juice, or the water, being dropped into the eyes or ears, helps dimneſs of ſight and deafneſs; the juice put into the hollow teeth, eaſeth their pains. The root in powder, made up into a plaiſter with a little pitch, and laid on the biting of mad dogs, or any other venomous creature, doth wonderfully help. The juice or the water dropped, or tents wet therein, and put into filthy dead ulcers, or the powder of the root (in want of either) doth cleanſe and cauſe them to heal quickly, by covering the naked bones with fleſh; the diſtilled water applied to places pained with the gout, or ſciatica, doth give a great deal of eaſe.

The wild Angelica is not ſo effectual as the garden; although it may be ſafely uſed to all the purpoſes aforeſaid.

## Amaranthus.

BESIDES its common name, by which it is beſt known by the floriſts of our days, it is called Flower Gentle, Flower Velure, Floramor, and Velvet Flower.

*Deſcript.*] It being a garden flower, and well known to every one that keeps it, I might forbear the deſcription; yet, notwithſtanding, becauſe ſome deſire it, I ſhall give it. It runneth up with a ſtalk a cubit high, ſtreaked, and ſomewhat reddiſh toward the root, but very ſmooth, divided towards the top with ſmall branches, among which ſtand long broad leaves of a reddiſh green colour, ſlippery; the flowers are not properly flowers, but tufts, very beautiful to behold, but of no ſmell, of reddiſh colour; if you

bruise them, they yield juice of the same colour; being gathered, they keep their beauty a long time: the seed is of a shining black colour.

*Time.*] They continue in flower from August till the time the frost nip them.

*Government and Virtues.*] It is under the dominion of Saturn, and is an excellent qualifier of the unruly actions and passions of Venus, though Mars also should join with her. The flowers dried and beaten into powder, stop the terms in women, and so do almost all other red things. And by the icon, or image of every herb, the ancients at first found out their virtues. Modern writers laugh at them for it; but I wonder in my heart, how the virtues of herbs came at first to be known, if not by their signatures; the moderns have them from the writings of the ancients; the ancients had no writings to have them from: But to proceed. The flowers stop all fluxes of blood; whether in man or woman bleeding either at the nose or wound. There is also a sort of Amaranthus that bears a white flower, which stops the whites in women, and the running of the reins in men, and is a most gallant antivenereal, and a singular remedy for the French pox.

## Anemone.

CALLED also Wind Flower, because they say the flowers never open but when the Wind bloweth. Pliny is my author; if it be not so, blame him. The seed also (if it bears any at all) flies away with the wind.

*Place and Time.*] They are sown usually in the gardens of the curious, and flower in the Spring-time. As for description I shall pass it, being well known to all those that sow them.

*Government and Virtues.*] It is under the dominion of Mars, being supposed to be a kind of Crow-foot. The leaves provoke the terms mightily, being boiled, and the decoction drunk. The body being bathed with the decoction of them, cures the leprosy. The leaves being stamped, and the juice snuffed up in the nose, purgeth the head mightily; so doth the root, being chewed in the mouth, for it procureth much spitting, and bringeth away many watery and phlegmatic humours, and is therefore excellent for the lethar-

gy. And when all is done, let physicians prate what they please, all the pills in the dispensatory purge not the head like to hot things held in the mouth. Being made into an ointment, and the eye-lids anointed with it, it helps inflammations of the eyes, whereby it is palpable, that every stronger draweth its weaker like. The same ointment is excellent good to cleanse malignant and corroding ulcers.

### Garden Arrach.

Called also Orach, and Arage.

*Descript.*] It is so commonly known to every housewife, it were labour lost to describe it.

*Time.*] It flowereth and seedeth from June to the end of August.

*Government and Virtues.*] It is under the government of the Moon; in quality cold and moist like unto her. It softeneth and looseneth the body of man being eaten, and fortifieth the expulsive faculty in him. The herb, whether it be bruised and applied to the throat, or boiled, and in like manner applied, it matters not much, it is excellent good for swellings in the throat: the best way, I suppose, is to boil it, and having drunk the decoction inwardly, apply the herb outwardly: The decoction of it besides, is an excellent remedy for the yellow jaundice.

### Arrach, wild and stinking.

Called also Vulvaria, from that part of the body upon which the operation is most; also Dogs Arrach, Goats Arrach, and stinking Motherwort.

*Descript.*] This hath small and almost round leaves, yet a little pointed and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like rotten fish, or something worse.

*Place.*] It grows usually upon dunghills.

*Time.*] They flower in June and July, and their seed is ripe quickly after.

*Government and Virtues.*] Stinking Arrach is used as a remedy to help women pained, and almost strangled with the mother, by smelling to it; but inwardly taken there is

no better remedy under the moon for that diſeaſe. I would be large in commendation of this herb, were I but eloquent. It is an herb under the dominion of Venus, and under the ſign Scorpio; it is common almoſt upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and eaſy to be found: ('Tis the medicines of the College of Phyſicians that are ſo dear and ſcarce to find) I commend it for an univerſal medicine for the womb, and ſuch a medicine as will eaſily, ſafely, and ſpeedily cure any diſeaſe thereof, as the fits of the mother, diſlocation, or falling out thereof; it cools the womb being over-heated. And let me tell you this, and I will tell you the truth, heat of the womb is one of the greateſt cauſes of hard labour in child-birth. It makes barren women fruitful. It cleanſeth the womb if it be foul, and ſtrengthens it exceedingly; it provokes the terms if they be ſtopped, and ſtops them if they flow immederately; you can deſire no good to your womb, but this herb will affect it; therefore if you love children, if you love health, if you love eaſe, keep a ſyrup always by you, made of the juice of this herb and ſugar, (or honey if it be to cleanſe the womb) and let ſuch as be rich keep it for their poor neighbours; and beſtow it as freely as I beſtow my ſtudies upon them, or elſe let them look to anſwer it another day, when the Lord ſhall come to make inquiſition of blood.

### Archangel.

TO put a gloſs upon their practice, the phyſicians call an herb (which country people vulgarly know by the name of Dead-Nettle) Archangel; whether they favour more of ſuperſtition or folly, I leave to the judicious reader. There is more curioſity than courteſy in my countrymen uſed by others in the explanation as well of the names, as deſcription of this ſo well known herb; which, that I may not alſo be guilty of, take this ſhort deſcription, firſt of the Red Archangel.

*Deſcript.*] This has divers ſquare ſtalks, ſomewhat hairy, at the joints whereof grow two lad green leaves dented about the edges, oppoſite to one another for the lowermoſt upon long foot ſtalks, but without any toward the tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy; round about the upper joints, where the leaves grow

thick, are sundry gaping flowers of a pale reddish colour; after which come the seeds three or four in a husk. The root is smaller and thready, perishing every year; the whole plant hath a strong scent, but not stinking.

White Archangel hath divers square stalks, none standing straight upward, but bending downward, whereon stand two leaves at a joint, larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle leaves, but not stinking, yet hairy. At the joints with the leaves stand larger and more open gaping white flowers, husks round about the stalks, but not with such a bush of leaves as flowers set in the top, as is on the other wherein stand small roundish black seeds; the root is white, with many strings at it, not growing downward, but lying under the upper crust of the earth, and abideth many years increasing; this hath not so strong a scent as the former.

Yellow Archangel is like the white in the stalks and leaves; but that the stalks are more strait and upright, and the joints with leaves are farther asunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The roots are like white, only they creep not so much under the ground.

*Place.*] They grow almost every way (unless it be in the middle of the street) the yellow most usually in the wet grounds of woods, and sometimes in the drier, in divers counties of this nation.

*Time.*] They flower from the beginning of the Spring all the Summer long.

*Virtues and Use.*] The Archangels are somewhat hot and drier than the stinging Nettles, and used with better success for the stopping and hardness of the spleen, than they, by using the decoction of the herb in wine, and afterwards applying the herb hot unto the region of the spleen as a plaister, or the decoction with spunges. Flowers of the White Archangel are preserved or conserved to be used to stay the whites, and the flowers of the red to stay the reds in women. It makes the heart merry, drives away melancholy, quickens the spirits, is good against quartan agues, stancheth bleeding at mouth and nose, if it be stamped and applied to

the nape of the neck; the herb also bruised, and with some salt and vinegar and hog's-grease, laid upon an hard tumour or swelling, or that vulgarly called the king's evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the pains, and give ease to the gout, sciatica, and other pains of the joints and sinews. It is also very effectual to heal green wounds, and old ulcers; also to stay their fretting, gnawing and spreading. It draweth forth splinters and such like things gotten into the flesh, and is very good against bruises and burnings. But the yellow Archangel is most commended for old, filthy, corrupt sores and ulcers, yea although they grow to be hollow; and to dissolve tumours. The chief use of them is for women, it being a herb of Venus, and may be found in my *Guide for Women.*

## Arsmart.

THE hot Arsmart is called also Water-pepper, or Culrage. The mild Arsmart is called dead Arsmart Persicaria, or Peach wort, because the leaves are so like the leaves of a peach-tree; it is also called Plumbago.

*Description of the Mild.*] This hath broad leaves set at the great red joint of the stalks; with semi-circular blackish marks on them, usually either bluish or whitish, with such like seed following. The root is long with many strings thereat, perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather sour like sorrel, or else a little drying, or without taste.

*Place.*] It groweth in watry places, ditches, and the like, which for the most part are dry in summer.

*Time.*] It flowereth in June, and the seed is ripe in August.

*Government and Virtues.*] As the virtue of both these is various, so is also their government; for that which is hot and biting, is under the dominion of Mars, but Saturn challengeth the other, as appears by that leaden coloured spot he hath placed upon the leaf.

It is of a cooling and drying quality, and very effectual for putrefied ulcers in man or beast, to kill worms, and cleanse the putrefied places. The juice thereof dropped in, or otherwise applied, consumeth all cold swellings, and

diſſolveth the congealed blood of bruiſes by ſtrokes, falls, &c. A piece of the root, or ſome of the ſeeds bruiſed, and held to an aching tooth, taketh away the pain. The leaves bruiſed and laid to the joint that hath a felon thereon taketh it away. The juice deſtroyeth worms in the ears, being dropped into them; if the hot Arſſmart be ſtrewed in a chamber, it will ſoon kill all the fleas; and the herb or juice of the cold Arſſmart, put to a horſe, or other cattle's ſores, will drive away the flies in the hotteſt time of Summer; a good handful of the hot biting Arſſmart put under a horſe's ſaddle, will make him travel the better, although he were half tired before. The mild Arſſmart is good againſt all impoſthumes and inflammations at the beginning, and to heal green wounds.

All authors chop the virtues of both ſorts of Arſſmart together, as men chop herbs to the pot, when both of them are of clean contrary qualities. The hot Arſſmart groweth not ſo high or tall as the mild doth, but hath many leaves of the colour of peach leaves, very ſeldom or never ſpotted: in other particulars it is like the former, but may eaſily be known from it, if you will but be pleaſed to break a leaf of it croſs your tongue, for the hot will make your tongue to ſmart, ſo will not the cold. If you ſee them both together, you may eaſily diſtinguiſh them, becauſe the mild hath far broader leaves: and our College of Phyſicians, out of the learned care of the public good, *Anglicé*, their own gain, miſtake the one for the other in their *New Maſter-piece*, whereby they diſcover, 1. Their ignorance. 2. Their careleſſneſs; and he that hath but half an eye, may ſee their pride without a pair of ſpectacles. I have done what I could to diſtinguiſh them in the virtues and when you find not the contrary named, uſe the cold. The truth is, I have not yet ſpoken with Dr Reaſon, nor his brother Dr Experience concerning either of them.

## Asarabacca.

*Deſcript.*] ASARABACCA hath many heads riſing from the roots, from whence come many ſmooth leaves, every one upon his own foot-ſtalks, which are rounder and bigger than Violet leaves, thicker alſo, and of a dark green ſhining colour on the upper ſide, and of

pale yellow green underneath, little or nothing dented about the edges, from among which rise small, round, hollow brown green husks, upon short stalks, about an inch long, divided at the brims into five divisions, very like the cups or heads of the Henbane seed, but that they are smaller: and those be all the flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein, when they are ripe, is contained small cornered rough seeds, very like the kernels or stones of grapes or raisins. The roots are small and whitish, spreading divers ways in the ground, increasing into divers heads; but not running or creeping under the ground, as some other creeping herbs do. They are somewhat sweet in smell, resembling Nardus, but more when they are dry than green; and of a sharp but not unpleasant taste.

*Place.*] It groweth frequently in gardens.

*Time.*] They keep their leaves green all Winter; but shoot forth new in the Spring, and with them come forth those heads or flowers which give ripe seed about Mid-summer, or somewhat after.

*Government and Virtues.*] 'Tis a plant under the dominion of Mars, and therefore inimical to nature. This herb being drank not only provoketh vomiting, but purgeth downward, and by urine also, purgeth both choler and phlegm: If you add to it some spikenard, with the whey of goat's milk, or honey water, it is made more strong, but it purgeth phlegm more manifestly than choler, and therefore doth much help pains in the hips, and other parts; being boiled in whey, they wonderfully help the obstructions of the liver and spleen, and therefore profitable for the dropsy and jaundice; being steeped in wine and drank, it helps those continual agues that come by the plenty of flubborn humours; an oil made thereof by setting in the sun, with some laudanum added to it, provoketh sweating, (the ridge of the back being anointed therewith) and thereby driveth away the shaking fits of the ague. It will not abide any long boiling, for it looseth its chief strength thereby; nor much beating, for the finer powder doth provoke vomit and urine, and the coarser purgeth downwards.

The common use hereof is, to take the juice of five or seven leaves in a little drink to cause vomiting: the roots

have alſo the ſame virtue, though they do not operate ſo forcibly; they are very effectual againſt the biting of ſerpents, and therefore are put as an ingredient both into Mithridate and Venice treacle. The leaves and roots being boiled in lee, and the head often waſhed therewith while it was warm, comforteth the head and brain that is ill affected by taking cold, and helpeth the memory.

I ſhall deſire ignorant people to forbear the uſe of the leaves; the roots purge more gently, and may prove beneficial in ſuch as have cancers, or old putrefied ulcers, or fiſtulas upon their bodies, to take a dram of them in powder in a quarter of a pint of white wine in the morning. The truth is, I fancy purging and vomiting medicines, as little as any man breathing doth, for they weaken nature, nor ſhall ever adviſe them to be uſed, unleſs upon urgent neceſſity. If a phyſician be nature's ſervant, it is his duty to ſtrengthen his miſtreſs as much as he can, and weaken her as little as may be.

ASPARAGUS, SPARAGUS, or SPERAGE.

*Deſcript.*] IT riſeth up at firſt with divers white and green ſcaly heads, very brittle or eaſy to break while they are young, which afterward riſe up in very long and ſlender green ſtalks, of the bigneſs of an ordinary riding wand, at the bottom of moſt, or bigger or leſſer, as the roots are of growth; on which are ſet divers branches of green leaves ſhorter and ſmaller than fennel to the top; at the joints whereof come forth ſmall yellowiſh flowers, which turn into round berries, green at firſt, and of an excellent red colour when they are ripe, ſhewing like bead or coral, wherein are contained exceeding hard black ſeeds, the roots are diſperſed from a ſpongeous head into many long, thick, and round ſtrings, wherein is ſucked much nouriſhment out of the ground, and increaſeth plentifully thereby.

PRICKLY ASPARAGUS, or SPERAGE.

*Deſcript.*] IT groweth uſually in gardens, and ſome of it grows wild in Appleton meadows in Gloucesterſhire, where the poor people do gather the buds of young ſhoots, and ſell them cheaper than our garden Aſparagus is ſold at London.

*Time.*] They do for the moſt part flower, and bear their

berries late in the year, or not at all, although they are housed in Winter.

*Government and Virtues.*] They are both under the dominion of Jupiter. The young buds or branches boiled in ordinary broth, make the belly soluble and open, and boiled in white wine, provoke urine, being stopped, and is good against the stranguary or difficulty of making water; it expelleth the gravel and stone out of the kidneys, and helpeth pains in the reins. And boiled in white wine or vinegar, it is prevalent for them that have their arteries loosened or are troubled with the hip-gout, or sciatica. The decoction of the roots boiled in wine and taken, is good to clear the sight, and being held in the mouth easeth the tooth-ach; and being taken fasting several mornings together, stirreth up bodily lust in man or woman (whatever some have written to the contrary.) The garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the afore-mentioned diseases: The decoction of the roots in white wine, and the back and belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a bath, hath been found effectual against pains of the reins and bladder, pains of the mother and colick, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed sinews, or those that are shrunk by cramps and convulsions, and helpeth the sciatica.

## Ash Tree.

THIS is so well known, that time will be mispent in writing a description of it: and therefore I shall only insist upon the virtues of it.

*Government and Virtues.*] It is governed by the Sun; and the young tender tops, with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of viper, adder, or any other venomous beast; and the water distilled therefrom, being taken a small quantity every morning fasting, is a singular medicine for those that are subject to dropsy, or to abate the greatness of those that are too gross or fat. The decoction of the leaves in white wine, helpeth to break the stone, and expel it, and cureth the jaundice. The ashes of the bark

of the Aſh made into lee, and thoſe heads bathed therewith, which are leprous, ſcabby, or ſcald, they are thereby cured. The kernels within the huſks, commonly called Aſhen Keys, prevail againſt ſtiches and pains in the ſides, proceeding of wind, and voideth away the ſtone by provoking urine.

I can juſtly except againſt none of all this, ſave only the firſt, *viz.* That Aſh-tree tops and leaves are good againſt the bitings of ſerpents and vipers. I ſuppoſe this had its riſe from Gerrard or Pliny, both which hold, That there is ſuch an antipathy between an adder and an Aſh tree, that if an adder be encompaſſed round with Aſh tree leaves, ſhe will ſooner run through the fire than through the leaves: The contrary to which is the truth, as both my eyes are witneſs. The reſt are virtues ſomething likely, only if it be in Winter when you cannot get the leaves you may ſafely uſe the bark inſtead of them. The keys you may eaſily keep all the year, gathering them when they are ripe.

AVENS, *called alſo* Colewort, *and* Herb Bonet.

*Deſcript.* THE ordinary Avens hath many long, rough, dark green winged leaves, riſing from the root, every one made of many leaves ſet on each ſide of the middle rib, the largeſt three whereof grow at the end, and are ſnipped or denied round about the edges; the other being ſmall pieces, ſometimes two and ſometimes four, ſtanding on each ſide of the middle rib underneath them. Among which do riſe up divers rough or hairy ſtalks about two feet high, branching forth with leaves at every joint, not ſo long as thoſe below, but almoſt as much cut in on the edges, ſome into three parts, ſome into more. On the tops of the branches ſtand ſmall, pale, yellow flowers, conſiſting of five leaves, like the flowers of Cinquefoil, but large, in the middle whereof ſtandeth a ſmall green herb, which when the flower is fallen, groweth to be round, being made of many long greeniſh purple ſeeds (like grains) which will ſtick upon your cloaths. The root conſiſts of many browniſh ſtrings or fibres, ſmelling ſomewhat like unto cloves, eſpecially thoſe which grow in the higher, hotter, and drier grounds, and in free and clear air.

*Place.*] They grow wild in many places under hedges' sides, and by the path-ways in the fields; yet they rather delight to grow in shadowy than sunny places.

*Time.*] They flower in May and June for the most part and their seed is ripe in July at the farthest.

*Government and Virtues.*] It is governed by Jupiter and that gives hopes of a wholesome healthful herb. It is good for the diseases of the chest or breast, for pains, and stitches in the side, and to expel crude and raw humours from the belly and stomach, by the sweet savour and warming quality. It dissolves the inward congealed blood happening by falls, or bruises, and the spitting of blood, if the roots, either green or dry be boiled in wine and drank; as also all manner of inward wounds or outward, if washed or bathed therewith. The decoction also being drank, comforts the heart, and strengtheneth the stomach and a cold brain, and therefore is good in the Spring-time to open obstructions of the liver, and helpeth the wind colick; it also helps those that have fluxes, or are bursten, or have a rupture: it taketh away spots or marks in the face, being washed therewith. The juice of the fresh root, or powder of the dried root, hath the same effect with the decoction. The root in the Spring-time steeped in wine, doth give it a delicate savour and taste, and being drank fasting every morning, comforteth the heart, and is a good preservative against the plague, or any other poison. It helpeth digestion, and warmeth a cold stomach, and openeth obstructions of the liver and spleen.

It is very safe; you need have no dose prescribed; and is very fit to be kept in every body's house.

## Balm.

THIS herb is so well known to be an inhabitant almost in every garden, that I shall not need to write any description thereof, although the virtues thereof, which are many, may not be omitted.

*Government and Virtues.*] It is an herb of Jupiter, and under Cancer, and strengthens nature much in all its actions. Let a syrup made with the juice of it and sugar (as you shall be taught at the latter end of the book) be kept in every gentlewoman's house, to relieve the weak stomachs and sick bodies of their poor sickly neighbours; as also the herb

kept dry in the house, that so with other convenient simples, you may make it into an electuary with honey, according as the disease is, you shall be taught at the latter end of my book. The Arabian physicians have extolled the virtues thereof to the skies; although the Greeks thought it not worth mentioning. Seraphio saith, It causeth the mind and heart to become merry, and reviveth the heart, faintings and swoonings, especially of such, who are overtaken in sleep, and driveth away all troublesome cares and thoughts out of the mind, arising from melancholy or black choler; which Avicen also confirmeth. It is very good to help digestion, and open obstructions of the brain, and hath so much purging quality in it (saith Avicen) as to expel those melancholy vapours from the spirits and blood which are in the heart and arteries, although it cannot do so in other parts of the body. Dioscorides saith, That the leaves steeped in wine, and the wine drank, and the leaves externally applied, is a remedy against the stings of a scorpion, and the bitings of mad dogs; and commendeth the decoction thereof for women to bathe or sit in to procure their courses; it is good to wash aking teeth therewith, and profitable for those that have the bloody flux. The leaves also, with a little nitre taken in drink, are good against the surfeit of mushrooms, helps the griping pains of the belly; and being made into an electuary, it is good for them that cannot fetch their breath; Used with salt, it takes away wens, kernels, or hard swellings in the flesh or throat; it cleanseth foul sores, and easeth pains of the gout. It is good for the liver and spleen. A tansy or caudle made with eggs, and juice thereof while it is young, putting to it some sugar and rose-water, is good for a woman in child-bed, when the after-birth is not thoroughly voided, and for their faintings upon or in their sore travel. The herb bruised and boiled in a little wine and oil, and laid warm on a boil, will ripen it, and break it.

## Barberry.

THE shrub is so well known by every boy and girl that hath but attained to the age of seven years, that it needs no description.

*Government and Virtues.*] Mars owns the shrub, and

presents it to the use of my countrymen to purge their bodies of choler. The inner rind of the Barberry-tree boiled in white wine, and a quarter of a pint drank each morning, is an excellent remedy to cleanse the body of cholerick humours, and free it from such diseases as choler causeth, such as scabs, itch, tetters, ringworms, yellow jaundice, boils, &c. It is excellent for hot agues, burnings, scaldings, heat of the blood, heat of the liver, bloody flux: for the berries are as good as the bark, and more pleasing; they got a man a good stomach to his victuals, by strengthening the attractive faculty which is under Mars, as you may see more at large at the latter end of my *Ephemeris* for the year 1651: The hair washed with the lee made of ashes of the tree and water, will make it turn yellow, *viz.* of Mar's own colour. The fruit and rind of the shrub, the flowers of broom and of heath, or furz, cleanse the body of choler by sympathy, as the flowers, leaves, and bark of the peach tree do by antipathy; because these are under Mars, that under Venus.

BARLEY.

THE continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe it, several kinds hereof plentifully growing, being yearly sown in this land. The virtues thereof take as followeth.

*Government and Virtues.*] It is a notable plant of Saturn; if you view diligently its effects by sympathy and antipathy, you may easily perceive a reason of them; as also why barley bread is so unwholesome for melancholy people. Barley in all the parts and compositions thereof (except malt) is more cooling than wheat, and a little cleansing: And all the preparations thereof, as barley-water and other things made thereof, do give great nourishment to persons troubled with fevers, agues, and heats in the stomach. A poultice made of barley meal or flour boiled in vinegar and honey, and a few dry figs put into them, dissolveth all hard impostumes, and assuageth inflammations, being thereto applied. And being boiled with melilot and camomile-flowers, and some linseed, fenugreek and rue in powder, and applied warm, it easeth pains in side and stomach, and windiness of the spleen. The meal of barley and fleawor

boiled in water, and made a poultice with honey and oil of lilies applied warm, cureth swellings under the ears, throat, neck, and such like; and a plaister made thereof with tar, wax, and oil, helpeth the king's evil in the throat; boiled with sharp vinegar into a poultice, and laid on hot, helpeth the leprosy: being boiled in red wine with pomegranate rinds and myrtles, stayeth the lask or other flux of the belly; boiled with vinegar and quince, it easeth the pains of the gout: barley-flour, white salt, honey, and vinegar mingled together, taketh away the itch speedily and certainly. The water distilled from the green barley in the end of *May*, is very good for those that have defluctions of humours fallen into their eyes, and easeth the pain being dropped into them: or white bread steeped therein, and bound on the eyes, doth the same.

## Garden Bazil, *or* Sweet Bazil.

*Descript.* ] THE greater ordinary Bazil riseth up usually with one upright stalk diversely branching forth on all sides, with two leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh; a little snipped about the edges, and of a strong healthy scent. The flowers are small and white, and standing at the tops of the branches, with two small leaves at the joints, in some places green, in others brown, after which come black seed. The root perisheth at the approach of Winter, and therefore must be new sown every year.

*Place.* ] It groweth in gardens.

*Time* ] It must be sowed late, and flowers in the heart of Summer, being a very tender plant.

*Government and Virtues.* This is the herb which all authors are together by the ears about, and rail at one another (like lawyers.) Galen and Dioscorides hold it not fitting to be taken inwardly; and Chrysippus rails at it with downright Billinsgate rhetoric; Pliny, and the Arabian physicians, defend it.

For mine own part, I presently found that speech true;

*Non nostrum inter nos tantas componere lites.*

And away to Dr Reason went I, who told me it was an herb of Mars, and under the Scorpion, and perhaps therefore called Basilicon, and it is no marvel if it carry a kind of vi-

valent quality with it. Being applied to the place bitten by venomous beasts, or stung by a wasp or hornet, it speedily draws the poison to it; *Every like draws his like.* Mizaldus affirms, that, being laid to rot in horse-dung, it will breed venomous beasts. Hilarius, a French physician, affirms upon his own knowledge, that an acquaintance of his, by common smelling to it, had a scorpion bred in his brain. Something is the matter this herb and rue will not grow together, no, nor near one another; and we know rue is as great an enemy to poison as any that grows.

To conclude; it expelleth both birth and after-birth; and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another. I dare write no more of it.

## The Bay Tree.

THIS is so well known that it needs no description; I shall therefore only write the virtues thereof, which are many.

*Government and Virtues.*] I shall but only add a word or two to what my friend hath written, *viz.* That it is a tree of the sun, and under the celestial sign Leo, and resisteth witchcraft very potently, as also all the evils old Saturn can do to the body of man, and they are not a few; for it is the speech of one, and I am mistaken if it were not Mizaldus, that neither witch nor devil, thunder nor lightening, will hurt a man in the place where a Bay-tree is. Galen said, That the leaves or bark do dry and heal very much, and the berries more than the leaves; the bark of the root is less sharp and hot, but more bitter, and hath some astriction withal, whereby it is effectual to break the stone, and good to open obstructions of the liver, spleen, and other inward parts, which bring the jaundice, dropsy, &c. The berries are very effectual against all poison of venomous creatures, and the sting of wasps and bees; as also against the pestilence, or other infectious diseases, and therefore put into sundry treacles for that purpose: They likewise procure womens courses; and seven of them given to a woman in sore travel of child-birth, do cause a speedy delivery, and expel the after-birth, and therefore not to be taken by such as have not gone out their time, lest they procure abortion, or cause labour too soon. They wonder-

fully help all cold and rheumatic diſtillations from the brain to the eyes, lungs, or other parts; and being made unto an electuary with honey, do help the conſumption, old coughs, ſhortneſs of breath, and thin rheums; as alſo the megrim. They mightily expel the wind, and provoke urine; help the mother, and kill the worms. The leaves alſo work the like effects. A bath of the decoction of the leaves and berries, is ſingular good for women to ſit in, that are troubled with the mother, or the diſeaſes thereof, or the ſtoppings of their courſes; or for the diſeaſes of the bladder, pains in the bowls by wind and ſtopping of urine. A decoction likewiſe of equal parts of Bay berries, cummin-ſeed, hyſſop, origanum, and euphorbium, with ſome honey, and the head bathed therewith, doth wonderfully help diſtillations and rheums and ſettleth the palate of the mouth into its place. The oil made of the berries is very comfortable in all cold griefs of the joints, nerves, arteries, ſtomach, belly, or womb, and helpeth palſies, convulſions, cramp, aches, tremblings and numbneſs in any part, wearineſs alſo, and pains that come by ſore travelling. All griefs and pains proceeding from wind, either in the head, ſtomach, back, belly, or womb, by anointing the parts affected therewith: And pains in the ears are alſo cured by dropping in ſome of the oil, or by receiving unto the ears the fume of the decoction of the berries through a funnel. The oil takes away the marks of the ſkin and fleſh by bruiſes, falls, &c. and diſſolveth the congealed blood in them: It helpeth alſo the itch, ſcabs, and weals in the ſkin.

## BEANS.

BOTH the garden and field beans are ſo well known that it ſaveth me the labour of writing any deſcription of them. Their virtues follow.

*Government and Virtues.*] They are plants of Venus, and the diſtilled water of the flower of garden beans is good to clean the face and ſkin from ſpots and wrinkles, and the meal or flour of them, or the ſmall beans doth the ſame. The water diſtilled from the green huſks, is held to be very effectual againſt the ſtone, and to provoke urine. Bean flour is uſed in poultices to aſſuage inflammations riſing upon wounds, and the ſwelling of women's breaſts, cauſed by

the curdling of their milk, and repreſſeth their milk: Flour of beans and fenugreek mixed with honey, and applied to ſcabs, boils, bruiſes, or blue marks by blows, or the impoſthumes in the kernels of the ears, helpeth them all; and with roſe leaves, frankincenſe, and the white of an egg, being applied to the eyes, helpeth them that are ſwollen or do water, or have received any blow upon them, if uſed with wine. If a bean be parted in two, the ſkin being taken away, and laid on the place where the leech hath been ſet that bleedeth too much, ſtayeth the bleeding. Bean flour boiled to a poultice with wine and vinegar, and ſome oil put thereto, eaſeth both pains and ſwellings of the cods. The huſks boiled in water to the conſumption of a third part thereof, ſtayeſt a laſk: And the aſhes of the huſks, made up with old hog's greaſe, helpeth the old pains, confuſions, and wounds of the ſinews, the ſciatica and gout. The field Beans have all the aforementioned virtues as the garden Beans.

Beans eaten are extreme windy meat; but if after the Dutch faſhion, when they are half boiled you huſk them, and then ſtew them (I cannot tell you how, for I never was cook in all my life) they are wholeſome food.

### French Beans.

*Deſcript.* THIS French or Kidney Bean ariſeth at firſt but with one ſtalk, which afterwards divides itſelf into many arms or branches, but all ſo weak that if they be not ſuſtained with ſticks or poles, they will be fruitleſs upon the ground. At ſeveral places of theſe branches grow foot ſtalks, each with three broad, round and pointed green leaves at the end of them; towards the top comes forth divers flowers made like unto peaſe bloſſoms, of the ſame colour for the moſt part that the fruit will be of: that is to ſay, white, yellow, red, blackiſh, or of a deeper purple, but white is the moſt uſual; after which come long and ſlender ſtiff cods, ſome crooked, ſome ſtrait, with a ſtring running down the back thereof, wherein is flattiſh round fruit made like a kidney; the root long, ſpreadeth with many ſtrings annexed to it, and periſheth every year.

There is another ſort of French Beans commonly growing with us in this land, which is called the Scarlet flowered Bean.

This ariſeth with ſundry branches as the other, but riſeth higher, to the length of hop-poles, about which they grow twining, but turning contrary to the ſun, having foot-ſtalks with three leaves on each, as on the other; the flowers alſo are like the other, and of a moſt orient ſcarlet colour. The Beans are larger than the ordinary kind, of a deal purple colour turning black when ripe and dry; the root periſheth in Winter.

*Government and Virtues.*] Theſe alſo belong to Dame Venus, and being dried and beat to powder, are as great ſtrengtheners of the kidneys as any are; neither is there a better remedy than it; a dram at a time taken in white wine, to prevent the ſtone, or to cleanſe the kidneys of gravel or ſtoppage. The ordinary French Beans are of an eaſy digeſtion; they move the belly, provoke urine, enlarge the breaſt that is ſtreightened with ſhortneſs of breath, engender ſperm, and incite to venery. And the ſcarlet coloured Beans, in regard of the glorious beauty of their colour, being ſet near a quickſet hedge, will bravely adorn the ſame by climbing up thereon, ſo that they may be diſcerned a great way, not without admiration of the beholders at a diſtance. But they will go near to kill the quickſets by cloathing them in ſcarlet.

## Ladies Bed-Straw.

BESIDES the common name above written, it is called Cheeſe-Rennet, becauſe it performs the ſame office; as alſo Gallion, Pettimugget, and Maid-Hair; and by ſome Wild Roſemary.

*Deſcript.*] This riſeth up with divers ſmall, brown and ſquare upright ſtalks a yard high or more; ſometimes branches forth into divers parts, full of joints, and with divers very fine ſmall leaves at every one of them, little or nothing rough at all; at the tops of the branches grow many long tufts or branches of yellow flowers very thick ſet together, from the ſeveral joints which conſiſt of four leaves a piece, which ſmell ſomewhat ſtrong, but not unpleaſant. The ſeed is ſmall and black like poppy ſeed, two for the moſt part joined together: The root is reddiſh, with many ſmall threads faſtened unto it, which take ſtrong hold of the ground, and creepeth a little; and the branches leaning

a little down to the ground, take root at the joints thereof, whereby it is eaſily encreaſed.

There is another ſort of Ladies Bed-ſtraw growing frequently in England which beareth white flowers as the other doth yellow; but the branches of this are ſo weak that unleſs it be ſuſtained by the hedges, or other things next which it groweth, it will lie down to the ground; The leaves a little bigger than the former, and the flowers not ſo plentiful as theſe; and the root hereof is alſo threaly and abiding.

*Place.*] They grow in meadows and paſtures both wet and dry, and by the hedges.

*Time*] They flower in May for the moſt part, and the ſeed is ripe in July and Auguſt.

*Government and Virtues.*] They are both herbs of Venus, and therefore ſtrengthening the parts both internal and external, which ſhe rules. The decoction of the former of thoſe being drank, is good to fret and break the ſtone, provoke urine, ſtayeth inward bleeding, and healeth inward wounds. The herb or flour bruiſed and put up into the noſtrils, ſtayeth their bleeding likewiſe: The flowers and herbs being made into an oil, by being ſet in the ſun, and changed after it hath ſtood ten or twelve days; or into an ointment being boiled in *Axunga*, or ſallet oil, with ſome wax melted therein, after it is ſtrained; either the oil made thereof, or the ointment, do help burnings with fire, or ſcaldings with water: The ſame alſo, or the decoction of the herb and flower, is good to bathe the feet of travellers and lacquies, whoſe long running cauſeth wearineſs and ſtiffneſs in their ſinews and joints. If the decoction be uſed warm, and the joints afterwards anointed with ointment, it helpeth the dry ſcab, and the itch in children; and the herb with the white flower is alſo very good for the ſinews, arteries, and joints, to comfort and ſtrengthen them after travel, cold, and pains.

## Beets.

OF Beets there are two ſorts, which are beſt known generally, and whereof I ſhall principally treat at this time, *viz.* the white and red Beets, and their virtues.

*Deſcript* ] The common white Beet hath many great leaves next the ground, ſomewhat large, and of a whitiſh

green colour. The ſtalk is great, ſtrong, and ribbed, bearing great ſtore of leaves upon it, almoſt to the very top of it: The flowers grow in very long tufts, ſmall at the end, and turning down their heads, which are ſmall, pale, greeniſh, yellow buds, giving cornered prickly ſeed. The root is great long, and hard, and when it hath given ſeed, is of no uſe at all.

The common red Beet differeth not from the white, but only it is leſſer, and the leaves and the roots are ſomewhat red: The leaves are differently red, ſome only with red ſtalks or veins; ſome of a freſh red, and others of a dark red. The root thereof is red, ſpungy, and not uſed to be eaten.

*Government and Virtues.*] The government of theſe two ſorts of Beets are far different; the red Beet being under Saturn, and the white under Jupiter; therefore take the virtues of them apart, each by itſelf: The white Beet doth much looſen the belly, and is of a cleanſing digeſting quality, and provoketh urine. The juice of it openeth obſtructions both of the liver and ſpleen, and is good for the headach and ſwimmings therein, and turnings of the brain; and is effectual alſo againſt all venomous creatures; and applied unto the temples, ſtayeth inflammations in the eyes; it helpeth burnings, being uſed without oil, and with a little allum put to it; is good for St. Anthony's fire. It is good for all wheals, puſhes, bliſters, and blains in the ſkin: the herb boiled and laid upon chilblains or kibes, helpeth them. The decoction thereof in water and ſome vinegar, healeth the itch, if bathed therewith, and cleanſeth the head of dandruff, ſcurff, and dry ſcabs, and doth much good for fretting and running ſores, ulcers, and cankers in the head, legs, or other parts, and is much commended againſt baldneſs and ſhedding the hair.

The red Beet is good to ſtay the bloody-flux, womens courſes, and the whites, and to help the yellow jaundice: the juice of the root put into the noſtrils, purgeth the head, helpeth the noiſe in the ears, and the tooth-ache; the juice ſnuffed up the noſe, helps a ſtinking breath, if the cauſe lies in the noſe, as many times it doth, if any bruiſe hath been there; as alſo want of ſmell coming that way.

## Water Betony.

CALLED alſo Brown-wort, and in Yorkſhire Biſhops leaves.

*Deſcript.*] Firſt of the Water Betony, which riſeth up with ſquare, hard, greeniſh ſtalks, ſometimes brown, ſet with broad dark green leaves dented about the edges with notches ſomewhat reſembling the leaves of the Wood Betony, but much larger too, for the moſt part ſet at a joint. The flowers are many, ſet at the tops of the ſtalks and branches, being round bellied and opened at the brims, and divided into two parts, the uppermoſt being like a hood, and the lowermoſt like a hip hanging down, of a dark red colour, which paſſing, there comes in their places ſmall round heads with ſmall points at the ends, wherein lie ſmall and browniſh ſeeds; the root is a thick buſh of ſtrings and ſhreds growing from the head.

*Place.*] It groweth by the ditch-ſide, brooks, and other water-courſes, generally through this land, and is ſeldom found far from the water-ſide.

*Time.*] It flowereth about July, and the ſeed is ripe in Auguſt.

*Government and Virtues.*] Water Betony is an herb of Jupiter in Cancer, and is appropriated more to wounds and hurts in the breaſts than Wood Betony, which follows; It is an excellent remedy for ſick hogs. It is of a cleanſing quality: The leaves bruiſed and applied are effectual for all old and filthy ulcers; and eſpecially if the juice of the leaves be boiled with a little honey, and dipped therein, and the ſores dreſſed therewith; as alſo for bruiſes or hurts, whether inward or outward: The diſtilled water of the leaves is uſed for the ſame purpoſe; as alſo to bathe the face and hands ſpotted or blemiſhed, or diſcoloured by ſun-burning.

I confeſs I do not much fancy diſtilled waters, I mean ſuch waters as are diſtilled cold; ſome virtues of the herb they may happily have (it were a ſtrange thing elſe;) but this I am confident of, that being diſtilled in a pewter ſtill, as the vulgar and ſpiſh faſhion is, both chymical oil and ſalt is left behind, unleſs you burn them, and then all is ſpoiled, water and all, which was good for as little as can be by ſuch a diſtillation in my tranſlation of the London Diſpenſatory.

## Wood Betony.

*fcript.*] COMMON, or Wood Betony hath many leaves rifing from the root, which are fome-at broad and round at the end, roundly dented about the ges, ſtanding upon long foot ſtalks, from among which a-: up ſmall, ſquare, ſlender, but upright hairy ſtalks, with ne leaves thereon to a piece at the joints, ſmaller than the er, whereon are ſet ſeveral ſpiked heads of flowers like ender, but thicker and ſhorter for the moſt part, and of a diſh or purple colour, ſpotted with white ſpots both in the per and lower part. The ſeeds being contained within the ks that hold the flowers, are blackiſh ſomewhat long and ven. The roots are many white thready ſtrings; the k periſheth, but the roots, with ſome leaves thereon, abide the Winter. The whole plant is ſomething ſmall.

*Place.*] It groweth frequently in woods, and delighteth hady places.

*Time.*] And it flowereth in July after which the ſeed is ckly ripe, yet in its prime in May.

*Government and Virtues.*] The herb is appropriated to planet Jupiter, and the ſign Aries. Antonius Muſa, ſician to the Emperor Auguſtus Cæſar, wrote a peculiar k of the virtues of this herb: and among other virtues, i of it, that it preſerveth the liver and bodies of men from danger of epidemical diſeaſes, and from witchcrafts alſo; lpeth thoſe that loath or cannot digeſt their meat, thoſe have weak ſtomachs or ſour belchings, or continual ri-in their ſtomach, uſing it familiarly either green or dry; r the herb or root, or the flowers in broth, drink, or , or made into conſerve, ſyrup, water, electuary, or ter, as every one may beſt frame themſelves unto, or as me or ſeaſon requireth; taken any of the aforeſaid ways, peth the jaundice, falling-ſickneſs, the palſy, convul-or ſhrinking of the ſinews, the gout, and thoſe that are ed to dropſy, thoſe that have continual pains in their although it turn to phrenſy. The powder mixed with oney, is no leſs available for all ſorts of coughs or wheeſing, or ſhortneſs of breath, diſtillations of thin upon the lungs, which cauſeth conſumptions. The ion made with mead, and a little penny-royal is good

for thoſe that are troubled with putrid agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the blood and humours, that by falling into the eyes, do hinder the ſight; the decoction thereof made in wine, and taken, killeth the worms in the belly, openeth obſtructions both of the ſpleen and liver; cureth ſtitches, and the pains *in* the back or ſides, the torments and griping pains of the bowels, and the wind-colick; and mixed with honey purgeth the belly, helpeth to bring down women's courſes, and is of ſpecial uſe for thoſe that are troubled with the falling down of the mother, and pains thereof, and cauſeth an eaſy and ſpeedy delivery of women in child birth. It helpeth alſo to break and expel the ſtone, either in the bladder or kidneys. The decoction with wine gargled in the mouth, eaſeth the tooth-ach. It is commended againſt the ſtinging or biting of venomous ſerpents or mad dogs, being uſed inwardly and applied outwardly to the place. A dram of the powder of Betony, taken with a little honey in ſome vinegar, doth wonderfully refreſh thoſe that are over wearied by travel. It ſtayeth bleeding at the mouth or noſe, and helpeth thoſe that piſs or ſpit blood, and thoſe that are burſten or have a rupture, and is good for ſuch as are bruiſed by any fall or otherwiſe. The green herb bruiſed, or the juice applied to any inward hurt, or outward green wound in the head or body, will quickly heal and cloſe it up; as alſo any veins or ſinews that are cut; and will draw forth any broken bone or ſplinter, thorn or other things got into the fleſh. It is no leſs profitable for old ſores or filthy ulcers; yea, though they be fiſtulous and hollow. But ſome do adviſe to put a little ſalt to this purpoſe, being applied with a little hog's lard, it helpeth a plague ſore, and other boils and puſhes. The fumes of the decoction while it is warm, received by a funnel into the ears, eaſeth the pains of them, deſtroyeth the worms and cureth the running ſores in them. The juice dropped into them doth the ſame. The root of Betony is diſpleaſing both to the taſte and ſtomach, whereas the leaves and flowers by their ſweet and ſpicy taſte, are comfortable both to meat and medicine.

Theſe are ſome of the many virtues Antony Muſe, an expert phyſician (for it was not the practice of Octavius Cæſar

to keep fools about him) appropriates to Betony: it is a very precious herb, that is certain, and most fitting to be kept in a man's house, both in syrup, conserve, oil, ointment, and plaister. The flowers are usually conserved.

## The Beach Tree.

IN treating of this tree, you must understand that I mean the green Mast beech, which is, by way of distinction from that other small rough sort, called in Sussex the smaller Beech, but in Essex Horn-bean.

I suppose it is needless to describe it, being already too well known to my countrymen.

*Place.*] It groweth in woods amongst oaks and other trees, and in parks, forests, and chases, to feed deer; and in other places to fatten swine.

*Time.*] It bloometh in the end of April, or beginning of May, for the most part, and the fruit is ripe in September.

*Government and Virtues.*] It is a plant of Saturn, and therefore performs his qualities and proportion in these operations: The leaves of the Beech tree are cooling and binding, and therefore good to be applied to hot swellings to discuss them: the nuts do much nourish such beasts as feed thereon. The water that is found in the hollow places of decaying Beeches, will cure both man and beast of any scurf, scab, or running tetters, if they be washed therewith; you may boil the leaves into a poultice, or make an ointment of them when time of year serves.

## Bilberries, *called by some* Whorts, *and* Whortle Berries.

*Descript.*] OF these I shall only speak of two sorts which are common in England, viz. The black and red berries. And first of the black.

The small bush creepeth along upon the ground, scarce rising half a yard high, with divers small dark green leaves set in the green branches, not always one against the other, and a little dented about the edges: At the foot of the leaves come forth small, hollow, pale, bluish coloured flowers, the brims ending in five points with a reddish thread in the middle, which pass into small round berries of the bigness and colour of juniper berries, but of a purple, sweetish, sharp taste; the juice of them giveth a purplish colour in their

hands and lips, that eat and handle them, especially if they break them. The root groweth aslope under ground, shooting forth in sundry places as it creepeth. This loseth its leaves in Winter.

The Red Bilberry, or Wortle-Bush, riseth up like the former, having sundry hard leaves, like the Box-tree leaves, green and round pointed, standing on the several branches, at the top whereof only, and not from the sides, as in the former, come forth divers round, reddish, sappy berries, when they are ripe, of a sharp taste. The root runneth in the ground, as in the former, but the leaves of this abide all the Winter.

*Place.*] The first groweth in forests, on the heaths, and such like barren places: The red grows in the north parts of this land, as Lancashire, Yorkshire, &c.

*Time.*] They flower in March and April, and the fruit of the black is ripe in July and August.

*Government and Virtues.*] They are under the dominion of Jupiter. It is a pity they are used no more in physic than they are. The Black Bilberries are good in hot agues, and to cool the heat of the liver and stomach; they do somewhat bind the belly, and stay vomitings and loathings; the juice of the berries made in a syrup, or the pulp made into a conserve with sugar, is good for the purposes aforesaid, as also for an old cough, or an ulcer in the lungs, or other diseases therein. The Red Worts are more binding, and stop womens courses, spitting of blood, or any other flux of blood or humours, being used as well outwardly as inwardly.

## Bugle, or Twablade.

*Descript.*] THIS small herb, from a root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk, bare or naked next the ground, for an inch, two or three to the middle thereof, as it is in age or growth; as also from the middle upward to the flowers, having only two broad plantain leaves (but whiter) set at the middle of the stalk one against another, compasseth it round at the bottom of them.

*Place.*] It is an usual inhabitant in woods, copses, and in many other places in this land.

There is another sort groweth in wet grounds and marshes,

which is somewhat different from the former. It is a smaller plant and greener, having sometimes three leaves; the spike of the flowers is less than the former, and the roots of this do run or creep in the ground.

They are much and often used by many to good purpose for wounds, both green and old, and to consolidate or knit ruptures; and well it may, being a plant of Saturn.

## The Birch Tree.

*Descript.*] THIS groweth a goodly tall straight tree, fraught with many boughs and slender branches bending downward: the old being covered with a discoloured chapped bark, and the younger being browner by much. The leaves at the first breaking out are crumpled, and afterwards like the beech leaves, but smaller and greener, and dented about the edges. It beareth small short cat-skins, somewhat like those of the hazel nut-tree, which abide on the branches a long time, until growing ripe, they fall on the ground, and their seed with them.

*Place.*] It usually groweth in woods.

*Government and Virtues.*] It is a tree of Venus; the juice of the leaves, while they are young, or the distilled water of them, or the water that comes from the tree being bored with an auger, and distilled afterwards; any of these being drank for some days together, is available to break the stone in the kidneys and bladder, and is good also to wash sore mouths.

## Bird's Foot.

THIS small herb groweth not above a span high, with many branches spread upon the ground, set with many wings of small leaves. The flowers grow upon the branches, many small ones of a pale yellow colour being set a head together, which afterwards turneth into small jointed cods, well resembling the claws of small birds, whence it took its name.

There is another sort of Bird's-foot in all things like the former, but a little larger; the flower of a pale whitish red colour, and the cods distinct by joints like the other, but a little more crooked; and the roots do carry many small white knots or kernels amongst the strings.

*Place.*] These grow on heaths, and many open untilled places of this land.

*Time.*] They flower and seed in the end of Summer.

*Government and Virtues.*] They belong to Saturn, and are of a drying, binding quality, and thereby very good to be used in wound drinks; as also to apply outwardly for the same purpose. But the latter Bird's-foot is found by experience to break the stone in the back or kidneys, and drives them forth, if the decoction thereof be taken; and it wonderfully helpeth the rupture, being taken inwardly, and outwardly applied to the place.

All salts have best operation upon the stone, as ointments and plaisters have upon wounds; and therefore you may make a salt of this for the stone; the way how to do so may be found in my translation of the London Dispensatory; and it may be I may give you it again in plainer terms at the latter end of this book.

## Bishops-Weed.

BESIDES the common name Bishop-weed, it is usually known by the Greek name *Ammi* and *Ammois*; some call it Æthiopian Cummin-seed, and others Cummin-royal, as also Herb William, and Bull-wort.

*Descript.*] Common Bishops-weed riseth up with a round straight stalk, sometimes as high as a man, but usually three or four feet high, beset with divers small, long, and somewhat broad leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbels of white flowers, which turn into small round seeds, little bigger than parsley seeds, of a quick hot scent and taste: the root is white and stringy, perishing yearly, and usually riseth again on its own sowing.

*Place.*] It groweth wild in many places in England and Wales, as between Greenhith and Gravesend.

*Government and Virtues.*] It is hot and dry in the third degree, of a bitter taste, and somewhat sharp withal; it provokes lust to purpose; I suppose Venus owns it. It digesteth humours, provoketh urine and womens courses, dissolveth wind, and being taken in wine it easeth pain and griping in the bowels, and is good against the biting of

ſerpents; it is uſed to good effects in thoſe medicines which are given to hinder the poiſonous operation of Cantharides upon the paſſage of the urine; being mixed with honey and applied to black and blue marks, coming of blows or bruiſes, it takes them away; and being drank or outwardly applied, it abateth an high colour, and makes it pale; and the fumes thereof taken with roſin or raiſins, cleanſeth the mother.

## Bistort, or Snakeweed.

IT is called Snakeweed, Engliſh Serpentary, Dragonwort, Oſterick, and Paſſions.

*Deſcript.*] This hath a thick ſhort knobbed root, blackiſh without, and ſomewhat reddiſh within, a little crooked or turned together, of a hard aſtringent taſte, with divers black threads hanging there, from whence ſpring up every year divers leaves ſtanding upon long foot-ſtalks, being ſomewhat broad and long like a dock-leaf, and a little pointed at the ends, but that it is of a bluiſh green colour on the upper ſide, and of an aſh-coleur grey, and a little purpliſh underneath, with divers veins therein, from among which riſe up divers ſmall and ſlender ſtalks, two feet high, and almoſt naked and without leaves, or with a very few, and narrow, bearing a ſpikey buſh of pale coloured flowers; which being paſt, there abideth ſmall ſeed, like unto ſorrel ſeed, but greater.

There are other ſorts of Biſtort growing in this land, but ſmaller, both in height, root, and ſtalks, and eſpecially in the leaves. The root blackiſh without, and ſomewhat whitiſh within; of an auſtere binding taſte, as the former.

*Place.*] They grow in ſhadowy moiſt woods, and at the foot of hills, but are chiefly nouriſhed up in gardens. The narrow-leafeth Biſtort groweth in the north, in Lancaſhire, Yorkſhire, and Cumberland.

*Time.*] They flower about the end of May, and the ſeed is ripe about the beginning of July.

*Government and Virtues.*] It belongs to Saturn, and is in operation cold and dry; both the leaves and roots have a powerful faculty to reſiſt all poiſon. The root in powder taken in drink expelleth the venom of the plague, the ſmall-pox, meaſles, purples, or any other infectious diſeaſe, driving it out by ſweating. The root in powder, the decoction

thereof in wine being drank, ſtayeth all manner of inward bleeding, or ſpitting of blood, and any fluxes in the body of either man or woman, or vomiting. It is alſo very available againſt ruptures, or burſtings, or all bruiſes of falls; diſſolving the congealed blood, and eaſing the pains that happen thereupon; it alſo helpeth the jaundice.

The water diſtilled from both leaves and roots, is a ſingular remedy to waſh any place bitten or ſtung by any venomous creature; as alſo for any of the purpoſes before ſpoken of, and is very good to waſh any running ſores or ulcers. The decoction of the root in wine being drank, hindereth abortion or miſcarriage in child bearing. The leaves alſo kill the worms in children, and is a great help to them that cannot keep their water; if the juice of plaintain be added thereto, and outwardly applied, much helpeth the gonorrhea, or running of the reins. A dram of the powder of the root taken in water thereof, wherein ſome red hot iron or ſteel hath been quenched, is alſo an admirable help thereto, ſo as the body be firſt prepared and purged from the offenſive humours. The leaves, ſeed, or roots, are all very good in decoctions, drinks, or lotions, for inward or outward wounds, or other ſores. And the powder ſtrewed upon any cut or wound in a vein, ſtayeth the immoderate bleeding thereof. The decoction of the root in water, whereunto ſome pomegranate peels and flowers are added, injected into the matrix, ſtayeth the immoderate flux of the courſes. The root thereof with pellitory of Spain, and burnt allum, of each a little quantity, beaten ſmall and made into paſte, with ſome honey, and a little piece thereof put into an hollow tooth, or held between the teeth, if there be no hollowneſs in them, ſtayeth the deflution of rheum upon them, which cauſeth pains, and helps to cleanſe the head, and void much offenſive water. The diſtilled water is very effectual to waſh ſores or cankers in the noſe, or any other part; if the powder of the root be applied thereunto afterwards. It is good alſo to faſten the gums, and to take away the heat and inflammations that happen in the jaws, almonds of the throat, or mouth, if the decoction of the leaves, roots, or ſeeds bruiſed, or the juice of them be applied; but the roots are moſt effectual to the purpoſes aforeſaid.

ONE-BLADE.

*Descript.*] THIS small plant never beareth more than one leaf, but only when it riseth up with its stalk, which thereon beareth another, and seldom more, which are of a bluish green colour, broad at the bottom, and pointed with many ribs or veins like plantain; at the top of the stalk grow many small flowers star-fashion, smelling somewhat sweet; after which cometh small reddish berries when they are ripe: The root small of the bigness of a rush, lying and creeping under the upper crust of the earth, shooting forth in divers places.

*Place.*] It grows in moist shadowy, grassy places of woods, in many places of this realm.

*Time.*] It flowereth about May, and the berries be ripe in June, and then quickly perisheth until the next year it springeth from the same again.

*Government and Virtues.*] It is an herb of the sun, and therefore cordial: half a dram, or a dram at most, of the roots hereof in powder, taken in wine and vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a sovereign remedy for those that are infected with the plague, and have a sore upon them, by expelling the poison, and defending the heart and spirits from danger. It is also accounted a singular good wound herb, and therefore used with other herbs in making such balms as are necessary for curing of wounds, either green or old, and especially if the nerves be hurt.

*The* BRAMBLE, *or* BLACK-BERRY BUSH.

IT is so well known that it needeth no description. The virtues thereof are as followeth.

*Government and Virtues.*] It is a plant of Venus in Aries. You shall have some directions at the latter end of the book for the gathering of all herbs and plants, &c. If any ask the reason why Venus is so prickly? Tell them 'tis because she is in the house of Mars. The buds, leaves, and branches, while they are green, are of a good use in the ulcers, and putrid sores of the mouth and throat, and of the quinsey; and likewise to heal other fresh wounds and sores; but the flowers and fruits unripe are very binding, and so profitable for the bloody flux, lasks, and are a fit remedy for spitting

of blood. Either the decoction or powder of the root being taken, is good to break or drive forth gravel and the stone in the reins and kidneys. The leaves and brambles, as well green as dry, are excellent good lotions for sores in the mouth, or secret parts. The decoction of them and of the dried branches do much bind the belly, and are good for too much flowing of women's courses; the berries of the flowers are a powerful remedy against the poison of the most venomous serpents; as well drank as outwardly applied, helpeth the sores of the fundament, and the piles; the juice of the berries mixed with the juice of mulberries, do bind more effectually, and help all fretting and eating sores and ulcers wheresoever. The distilled water of the branches, leaves, and flowers, or of the fruit, is very pleasant in taste, and very effectual in fevers, and hot distempers of the body, head, eyes, and other parts, and for the purposes aforesaid. The leaves boiled in lee, and the head washed therewith, healeth the itch, and the running sores thereof, and maketh the hair black. The powder of the leaves strewed on cankers and running ulcers, wonderfully helps to heal them. Some use to condensate the juice of the leaves, and some the juice of the berries, to keep for their use all the year, for the purposes aforesaid.

## Blites.

*Descript.* Of these there are two sorts commonly known, viz. White and red. The White hath leaves somewhat like unto beets, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk; the stalk rises up two or three feet high, with such like leaves thereon; the flowers grow at the top in long round tufts or clusters, wherein are contained small and round seeds; the root is very full of threads or strings.

The Red Blite is in all things like the white, but that his leaves and tufted heads are exceeding red at first, and after turn more purplish.

There are other kinds of Blites which grow differing from the two former sorts but little, but only the wild are smaller in every part.

*Place.*

*Place.*] They grow in gardens, and wild in many places in this land.

*Time.*] They ſeed in Auguſt and September.

*Government and Virtues.*] They are all of them cooling, drying, and binding, ſerving to reſtrain the fluxes of blood in either man or woman, eſpecially the Red; which alſo ſtayeth the over-flowings of the womens reds, as the white Blites ſtayeth the whites in women; It is an excellent ſecret; you cannot well fail in the uſe: They are all under the dominion of Venus.

There is another ſort of wild Blites like the other wild kinds, but have long and ſpikey heads of greeniſh ſeeds, ſeeming by the thick ſetting together to be all ſeed.

This ſort the fiſhers are delighted with, and it is a good and uſual bait; for fiſhes will bite faſt enough at them, if you have but wit enough to catch them when they bite.

## Borage and Bugloss.

THESE are ſo well known to the inhabitants in every garden, that I hold it needleſs to deſcribe them.

To theſe I may add a third ſort, which is not ſo common, nor yet ſo well known, and therefore I ſhall give you its name and deſcription.

It is called *Langue de Beuf*; but why theſe ſhould they call one herb by the name Bugloſs, and another by the name *Langue de Beuf?* It is ſome queſtion to me, ſeeing one ſignifies Ox-tongue in Greek, and the other ſignifies the ſame in French.

*Deſcript.*] The leaves whereof are ſmaller than thoſe of Bugloſs, but much rougher; the ſtalks ariſing up about a foot and a half high, and is moſt commonly of a red colour; the flowers ſtand in ſcaly rough heads, being compoſed of many ſmall yellow flowers, not much unlike to thoſe of Dandelions, and the ſeed flieth away in down, as that doth; you may eaſily know the flowers by their taſte, for they are very bitter.

*Place.*] It groweth wild in many places of this land, and may be plentifully found near London, as between Rotherhith and Deptford, by the ditch-ſide. Its virtues are held to be the ſame with Borage and Bugloſs, only this is ſomewhat hotter.

*Time.*] They flower in June and July, and the seed is ripe shortly after.

*Government and Virtues.*] They are all three herbs of Jupiter, and under Leo, all great cordials and great strengtheners of nature. The leaves and roots are to very good purpose used in putrid and pestilential fevers, to defend the heart, and help to resist and expel the poison, or the venom of other creatures; the seed is of the like effects; and the seed and leaves are good to increase milk in womens breasts; the leaves, flowers, and seed, all or any of them, are good to expel pensiveness and melancholy; it helpeth to clarify the blood, and mitigate heat in fevers. The juice made into a syrup, prevaileth much to all the purposes aforesaid, and is put with other cooling, opening and cleansing herbs to open obstructions, and help the yellow jaundice, and mixed with fumitory, to cool, cleanse, and temper the blood thereby; it helpeth the itch, ringworms and tetters, or other spreading scabs or sores. The flowers candied or made into a conserve, are helpful in the former cases, but are chiefly used as a cordial, and are good for those that are weak in long sickness, and to comfort the heart and spirits of those that are in a consumption, or troubled with often swoonings, or passions of the heart: The distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammations of the eyes, being washed therewith; the dried herb is never used, but the green; yet the ashes thereof, boiled in mead, or honied water, is available against the inflammations and ulcers in the mouth or throat to gargle it therewith: the roots of Bugloss are effectual, being made into a licking electuary for the cough, and to condensate thick phlegm, and the rheumatick distillations upon the lungs.

## Blue-Bottle.

IT is called Syanus, I suppose from the colour of it; Hurtsickle, because it turns the edge of the sickles that reap, the corn; Blue-blow, Corn-flower, and Blue-bottle.

*Descript.*] I shall only describe that which is commonest and in my opinion most useful; its leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of cornscabions, amongst which ariseth up

a ſtalk divided into divers branches, beſet with long leaves of a greeniſh colour, either but very little indented, or not at all; the flowers are of a blue colour, from whence it took its name, conſiſting of an innumerable company of ſmall flowers ſet in a ſcaly head, not much unlike thoſe of knapweed; the ſeed is ſmooth, bright and ſhining, wrapped up in a woody mantle; the root periſheth every year.

*Place.*] They grow in corn fields, amongſt all ſorts of corn (peaſe, beans, and tares excepted.) If you pleaſe to take them up from thence, and tranſplant them in your garden, eſpecially towards the full of the moon, they will grow more double that they are, and many times change colour.

*Time.*] They flower from the beginning of May to the end of harveſt.

*Government and Virtues.*] As they are naturally cold, dry, and binding; ſo they are under the dominion of Saturn. The powder or dried leaves of the Blue-bottle, or Corn-flower, is given with good ſucceſs to thoſe that are bruiſed by a fall, or have broken a vein inwardly, and void much blood at the mouth; being taken in the water of plantain, horſetail, or the greater comfrey, it is a remedy againſt the poiſon of the ſcorpion, and reſiſteth all venoms and poiſon. The ſeed or leaves taken in wine, is very good againſt the plague, and all infectious diſeaſes, and is very good in peſtilential fevers. The juice put into freſh or green wounds, doth quickly ſolder up the lips of them together, and is very effectual to heal all ulcers and ſores in the mouth. The juice dropped into the eyes takes away the heat and inflammation of them. The diſtilled water of this herb, hath the ſame properties, and may be uſed for the effects aforeſaid.

## Brank Ursine.

BESIDE the common name Brank Urſine, it is alſo called Bears-breech, and Acanthus, tho' I think our Engliſh names to be more proper; for the Greek word *Acanthus*, ſignifies any thiſtle whatſoever.

*Deſcript.*] This thiſtle ſhooteth forth very many large, thick, ſad green ſmooth leaves upon the ground, with a very thick and juicy middle rib; the leaves are parted with ſundry deep gaſhes on the edges; the leaves remain a long time before any ſtalk appears, afterwards riſeth up a reaſonable

big

big ſtalk, three or four feet high, and bravely decked with flowers from the middle of the ſtalk upwards; for on the lower part of the ſtalk there is neither branches nor leaf. The flowers are hooded and gaping, being white in colour, and ſtanding in browniſh huſks, with a long ſmall undivided leaf under each leaf; they ſeldom ſeed in our country. Its roots are many, great and thick, blackiſh without, and whitiſh within, full of a clammy ſap; a piece of them, if you ſet in the garden, and defend it from the firſt Winter cold, will grow and flouriſh.

*Place.*] They are only nurſed up in the gardens in England, where they will grow very well.

*Time.*] It flowereth in June and July.

*Government and Virtues.*] It is an excellent plant under the dominion of the Moon: I could wiſh ſuch as are ſtudious, would labour to keep it in the gardens. The leaves being boiled and uſed in cliſters, are excellent good to mollify the belly, and make the paſſage ſlippery. The decoction drank inwardly, is excellent and good for the bloody flux. The leaves being bruiſed, or rather boiled and applied like a poultice, are excellent good to unite broken bones, and ſtrengthen joints that have been put out. The decoction of either leaves or roots being drank; and the decoction of leaves applied to the place, is excellent good for the king's evil that is broken and runneth; for by the influence of the Moon, it reviveth the ends of the veins which are relaxed: There is ſcarce a better remedy to be applied to ſuch places as are burnt with fire than this is, for it fetches out the fire, and heals it without a ſcar. This is an excellent remedy for ſuch as are burſten, being either taken inwardly or applied to the place. In like manner uſed, it helps the cramp and the gout. It is excellent good in hectic fevers, and reſtores radical moiſture to ſuch as are in conſumptions.

## Briony, or Wild Vine.

IT is called Wild, and Wood Vine, Tamus or Ladies Seal. The white is called White Vine by ſome; and the black, Black Vine.

*Deſcript.*] The common White Briony groweth ramping upon the hedges, ſending forth many long, rough, very tender branches at the beginning, with many very rough, and

broad leaves thereon, cut (for the moſt part) into five partitions, in form very like a vine leaf, but ſmaller, rough, and of a whitiſh hoary green colour, ſpreading very far, ſpreading and twining with his ſmall claſpers (that come forth at the joints with the leaves) very far on whatſoever ſtandeth next to it. At the ſeveral joints alſo (eſpecially towards the top of the branches) cometh forth a long ſtalk bearing many whitiſh flowers together on a long toft, conſiſting of five ſmall leaves a-piece, laid open like a ſtar, after which come the berries ſeparated one from another, more than a cluſter of grapes, green at the firſt, and very red when they are thorough ripe, of no good ſcent, but of a moſt loathſome taſte, provoking vomit. The root groweth to be exceeding great, with many long twines or branches going from it, of a pale whitiſh colour on the outſide, and more white within, and of a ſharp bitter loathſome taſte.

*Place.*] It groweth on banks, or under hedges, through this land; the roots lie very deep.

*Time.*] It flowereth in July and Auguſt, ſome earlier and ſome later than the other.

*Government and Virtues.*] They are furious martial plants. The root of Briony purges the belly with great violence, troubling the ſtomach and burning the liver, and therefore not raſhly to be taken; but being corrected is very profitable for the diſeaſes of the head, as falling ſickneſs, giddineſs and ſwimmings; by drawing away much phlegm and rheumatic humours that oppreſs the head, as alſo the joints and ſinews; and is therefore good for palſies, convulſions, cramps and ſtitches in the ſides, and the dropſy, and in provoking urine; it cleanſeth the reins and kidneys from the gravel and ſtone, by opening the obſtructions of the ſpleen, and conſumeth the hardneſs and ſwelling thereof. The decoction of the root in wine, drunk once a week at going to bed, cleanſeth the mother, and helpeth the riſing thereof, expelleth the dead child; a dram of the root in powder taken in white wine, bringeth down their courſes. An electuary made of the roots and honey, doth mightily cleanſe the cheſt of rotten phlegm, and wonderfully help any old ſtrong cough, to thoſe that are troubled with ſhortneſs of breath, and is very good for them that are bruiſed inwardly, to help to expel the clotted or

congealed blood. The leaves, fruit and root do cleanse old and filthy sores, are good against all fretting and running cankers, gangrenes, and tetters, and therefore the berries are by some country people called tetter-berries: The root cleanseth the skin wonderfully from all black and blue spots, freckles, morphew, leprosy, foul scars, or other deformity whatsoever; also all running scabs and mangines are healed by the powder of the dried root, or the juice thereof, but especially by the fine white hardened juice. The distilled water of the root worketh the same effects, but more weakly; the root bruised and applied of itself to any place where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little wine mixed therewith, it breaketh boils, and helpeth whitloes on the joints.—For all these latter, beginning at sores, cancers, &c. apply it outwardly, and take my advice in my translation of the London Dispensatory, among the preparations at the latter end, where you have a medicine called *Fæcula Brionia*, which take and use, mixing it with a little hog's grease, or other convenient ointment.

As for the former diseases where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most country people have; therefore it is a better way for them in my opinion to let the simple alone, and take the compound water of it mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

## Brook-Lime, or Water-Pimpernel.

*Descript.* THIS sendeth forth from a creeping root that shooteth forth strings at every joint, as it runneth, divers and sundry green stalks, round and sappy, with some branches on them, somewhat broad, round, deep green, and thick leaves set by couples thereon; from the bottom whereof shoot forth long foot-stalks, with sundry small blue flowers on them, that consist of five small round pointed leaves a-piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

*Place.* They grow in small standing waters, and usually near water cresses.

*Time.* And flowers in June and July, giving ſeed the next month after.

*Government and Virtues.*] It is a hot and biting martial plant. Brook-lime and water-creſſes are generally uſed together in diet-drink, with other things ſerving to purge the blood and body from all ill humours that would deſtroy health, and are helpful to the ſcurvy. They do all provoke urine, and help to break the ſtone, and paſs it away; they procure womens courſes, and expel the dead child. Being fried with butter and vinegar, and applied warm, it helpeth all manner of tumours, ſwellings, and inflammations.

Such drinks ought to be made of ſundry herbs, according to the malady. I ſhall give a plain and eaſy rule at the latter end of this book.

## Butchers Broom.

IT is called Ruſcus, and Bruſcus, Kneeholm, Kneeholy, Kneehulver, and Pettigree.

*Deſcript* ] The firſt ſhoots that ſprout from the root of Butchers Broom, are thick, whitiſh, and ſhort, ſomewhat like thoſe of aſparagus, but greater, they riſing up to be a foot and a half high, are ſpread into divers branches, green, and ſomewhat creſſed with the roundneſs, tough and flexible, whereon are ſet ſomewhat broad and almoſt round hard leaves, and prickly, pointed at the end, of a dark green colour, two for the moſt part ſet at a place, very cloſe and near together; about the middle of the leaf, on the back and lower ſide from the middle rib, breaketh forth a ſmall whitiſh green flower, conſiſting of four ſmall round pointed leaves, ſtanding upon little or no foot-ſtalk, and in the place whereof cometh a ſmall round berry, green at the firſt, and red when it is ripe, wherein are two or three white, hard, round ſeeds contained. The root is thick, white, and great at the head, and from thence ſendeth forth divers thick, white, long, tough ſtrings.

*Place.*] It groweth in copſes, and upon heaths and waſte grounds, and oftentimes under or near the holly buſhes.

*Time.*] It ſhooteth forth its young buds in the Spring, and the berries are ripe about September, the branches of leaves abiding green all the Winter.

*Government and Virtues.*] 'Tis a plant of Mars, being of

a gallant cleanſing and opening quality. The decoction of the root made with wine openeth obſtruction, provoketh urine, helpeth to expel gravel and the ſtone, the ſtranguary and womens courſes, alſo the yellow jaundice and the head-ach: And with ſome honey or ſugar put thereunto, cleanſeth the breaſt of phlegm, and the cheſt of ſuch clammy humours gathered therein. The decoction of the root drank, and a poultice made of the berries and leaves being applied, are effectual in knitting and conſolidating broken bones or parts out of joint. The common way of uſing it, is to boil the root of it, and parſley and fennel, and ſmallage in white wine, and drink the decoction, adding the like quantity of graſs-root to them: The more of the root you boil, the ſtronger will the decoction be; it works no ill effects, yet I hope you have wit enough to give the ſtrongeſt decoction to the ſtrongeſt bodies.

## Broom, and Broom-rape.

TO ſpend time in writing a deſcription hereof is altogether needleſs, it being ſo generally uſed by all the good houſewives almoſt through this land to ſweep their houſes with, and therefore very well known to all ſorts of people.

The Broom-rape ſpringeth up on many places from the roots of the broom (but more often in fields, as by hedge-ſides and on heaths.) The ſtalk whereof is of the bigneſs of a finger or thumb, above two feet high, having a ſhew of leaves on them, and many flowers at the top, of a reddiſh yellow colour, as alſo the ſtalks and leaves are.

*Place.*] They grow in many places of this land commonly, and as commonly ſpoil all the land they grow in.

*Time.*] And flower in the Summer months, and give their ſeed before Winter.

*Government and Virtues.*] The juice or decoction of the young branches, or ſeed, or the powder of the ſeed taken in drink, purgeth downwards, and draweth phlegmatic and watry humours from the joints, whereby it helpeth the dropſy, gout, ſciatica, and pains of the hips and joints; it alſo provoketh ſtrong vomits, and helpeth the pains of the ſides, and ſwelling of the ſpleen, cleanſeth alſo the reins or kidneys and bladder of the ſtone, provoketh urine abundantly, and hindereth the growing again of the ſtone in the body. The

continual use of the powder of the leaves and seed doth cure the black jundice. The distilled water of the flowers is profitable for all the same purposes; it also helpeth surfeits, and allayeth the fits of agues, if three or four ounces thereof, with as much of the water of the lesser centuary, and a little sugar put therein be taken a little before the fit cometh, and the party be laid down to sweat in his bed. The oil or water that is drawn from the end of the green sticks heated in the fire, helpeth the tooth-ach. The juice of young branches made into an ointment of old hog's grease, and anointed, or the young branches bruised and heated in oil or hog's grease, and laid to the sides pained by wind, as in stitches, or the spleen, easeth them in once or twice using it. The same boiled in oil is the safest and surest medicine to kill lice in the head or body of any; and is an especial remedy for joint aches, and swollen knees, that come by the falling down of humours.

*The* Broom Rape *also is not without its Virtues.*

The decoction thereof in wine, is thought to be as effectual to avoid the stone in the kidneys and bladder, and to provoke urine, as the Broom itself. The juice thereof is a singular good help to cure as well green wounds, as old and filthy sores and malignant ulcers. The insolate oil, wherein there hath been three or four repetitions of infusion of the top stalks, with flowers strained and cleared, cleanseth the skin from all manner of spots, marks, and freckles that rise either by the heat of the sun, or the malignity of humours. As for the Broom and Broom-rape, Mars owns them, and is exceeding prejudicial to the liver; I suppose by reason of the antipathy between Jupiter and Mars, therefore if the liver be disaffected, minister none of it.

## Bucks-horn Plantain.

*Descript.* THIS being sown of seed, riseth up at first with small, long, narrow, hairy, dark green leaves like grass, without any division or gash in them, but those that follow are gashed in on both sides the leaves into three or four gashes, and pointed at the ends, resembling the knags of a buck's horn, (whereof it took its name) and being well ground round about the root upon the ground, or order one by another, thereby resembling the form of a star, from among which rise up divers hairy stalks about a hand's

breadth high, bearing every one a ſmall, long ſpikey head, like to thoſe of the common plantain, having ſuch like bloomings and ſeed after them. The root is ſingle, long and ſmall, with divers ſtrings at it.

*Place.*] They grow in ſandy grounds, as in Tothil fields by Weſtminſter, and divers other places of this land.

*Time.*] They flower and ſeed in May, June and July, and their green leaves do in a manner abide freſh all the Winter.

*Government and Virtues.*] It is under the dominion of Saturn, and is of a gallant, drying and binding quality. This boiled in wine and drank, and ſome of the leaves put to the hurt place, is an excellent remedy for the biting of the viper or adder, which I take to be one and the ſame: The ſame being alſo drank, helpeth thoſe that are troubled with the ſtone in the reins or kidneys, by cooling the heat of the part afflicted, and ſtrengthening them; alſo weak ſtomachs that cannot retain, but caſt up their meat. It ſtayeth all bleeding both at mouth and noſe, bloody urine or the bloody-flux, and ſtoppeth the laſk of the belly and bowels. The leaves thereof bruiſed and laid to their ſides that have an ague, ſuddenly eaſeth the fit; and the leaves and roots being beaten with ſome bay-ſalt and applied to the wriſts, worketh the ſame effects. The herb boiled in ale or wine, and given for ſome mornings and evenings together, ſtayeth the diſtillation of hot and ſharp rheums falling into the eye from the head, and helpeth all ſorts of ſore eyes.

## Bucks Horn.

IT is called Harts-horn, Herba-ſtella, and Herba-ſtellaria, Sanguinaria, Herb-eve, Herb-Ivy, Wort-Treſſes, and Swine-Treſſes.

*Deſcript.*] They have many ſmall and weak ſtraggling branches trailing here and there upon the ground: The leaves are many, ſmall and jagged, not much unlike to thoſe of Bucks-horn Plantain, but much ſmaller, and not ſo hairy. The flowers grow among the leaves in ſmall, rough, whitiſh cluſters: The ſeeds are ſmaller and browniſh, of a bitter taſte.

*Place.*] They grow in dry, barren, ſandy grounds.

*Time.*] They flower and ſeed when the reſt of the plantains do.

*Government and Virtues.*] This is alſo under the dominion of Saturn; the virtues are held to be the ſame as Bucks-horn plantain, and therefore by all authors it is joined with it: The leaves bruiſed and applied to the place, ſtops bleeding; the herb bruiſed and applied to warts, will make them conſume and waſte away in a ſhort time.

## BUGLE.

BESIDES the name Bugle, it is called Middle Comfound and Middle Comfrey, Brown Bugle, and of ſome Sicklewort, and Herb-Carpenter; though in Eſſex we call another herb by that name.

*Deſcript.*] This hath larger leaves than thoſe of the Self-heal, but elſe of the ſame faſhion, or rather longer, in ſome green on the upper ſide, and in others more browniſh, dented about the edges, ſomewhat hairy, as the ſquare ſtalk is alſo, which riſeth up to be half a yard high ſometimes, with the leaves ſet by couples, from the middle almoſt, whereof upwards ſtands the flowers, together with many ſmaller and browner leaves than the reſt, on the ſtalk below ſet at diſtance, and the ſtalk bare between them; among which flowers are alſo ſmall ones of a blueiſh and ſometimes of an aſh colour, faſhioned like the flowers of ground-ivy, after which come ſmall, round blackiſh ſeeds. The root is compoſed of many ſtrings, and ſpreadeth upon the ground.

The white flowered Bugle differeth not in form or greatneſs from the former, ſaving that the leaves and ſtalks are always green, and never brown, like the other, and the flowers thereof are white.

*Place.*] They grow in woods, copſes, and fields, generally throughout England, but the white flowered Bugle is not ſo plentiful as the former.

*Time.*] They flower from May until July, and in the mean time perfect their ſeed. The roots and leaves next thereunto upon the ground abiding all the Winter.

*Government and Virtues.*] This herb belongeth to Dame Venus: If the virtues of it make you fall in love with it (as they will if you be wiſe) keep a ſyrup of it to take in-

wardly, and an ointment and plaister of it to use outwardly, always by you.

The decoction of the leaves and flowers made in wine, and taken, dissolveth the congealed blood in those that are bruised inwardly by a fall, or otherwise, and is very effectual for any inward wounds, thrusts or stabs in the body or bowels; and is an especial help in all wound-drinks, and for those that are liver grown (as they call it.) It is wonderful in curing all manner of ulcers and sores, whether new and fresh, or old and inveterate; yea, gangrenes and fistulas also, if the leaves bruised and applied, or their juice be used to wash and bathe the place, and the same made into a lotion, and some honey and allum, cureth all sores in the mouth and gums, be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such ulcers and sores as happen in the secret parts of men and women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any bone, or have any member out of joint. An ointment made with the *leaves* of Bugle, Scabious and Sanicle bruised and boiled in hog's grease, until the herbs be dry, and then strained forth into a pot for such occasions as shall require; it is so singular good for all sorts of hurts in the body, that none that know its usefulness will be without it.

The truth is, I have known this herb cure some diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking are troubled with strange fancies, strange sights in the night time, and some with voices, as also with the disease ephialtes, or the mare. I take the reason of this to be (according to Fernelius) a melancholy vapour made thin by excessive drinking strong liquor, and so flies up and disturbs the fancy, and breeds imaginations like itself, viz. fearful and troublesome. These I have known cured by taking only two spoonfuls of the syrup of this herb, after supper two hours, when you go to bed. But whether this does it by sympathy or antipathy, is some doubt in astrology. I know there is a great antipathy between Saturn and Venus in matter of procreation; yea, such a one, that the barrenness of Saturn can be removed by none but Venus; nor the lust of Venus

be repelled by none but Saturn; but I am not of opinion this is done this way, and my reason is, because these vapours, though in quality melancholy, yet by their flying upward, seem to be something aerial; therefore I rather think it is done by sympathy; Saturn being exalted in libra, in the house of Venus.

## Burnet.

IT is called Sanguisorbia, Pimpinella, Bipula Solsegrella &c. The common garden Burnet is so well known, that it needeth no description.—There is another sort which is wild, the description whereof take as followeth.

*Descript.*] The great wild Burnet hath winged leaves rising from the roots like the garden Burnet, but not so many; yet each of these leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a greyish colour on the under side; the stalks are greater, and rise higher, with many such like leaves set thereon, and greater heads at the top, of a brownish colour, and out of them come small dark purple flowers like the former, but greater. The root is black and long like the other, but great also: It hath almost neither scent nor taste therein, like the garden kind.

*Place.*] The first grows frequently in gardens. The wild kind groweth in divers counties of this island, especially in Huntingdon and Northamptonshires, in the meadows there: as also near London, by Pancras church, and by a causey-side in the middle of a field by Paddington.

*Time.*] They flower about the end of June, and beginning of July, and their seed is ripe in August.

*Government and Virtues.*] This is an herb the sun challengeth dominion over, and is a most precious herb, little inferior to Betony; the continual use of it preserves the body in health, and the spirit in vigour; for if the sun be the preserver of life under God, his herbs are the best in the world to do it by. They are accounted to be both of one property, but the lesser is more effectual because quicker and more aromatical: It is a friend to the heart, liver and other principal parts of a man's body. Two or three of the stalks, with leaves put into a cup of wine, especially claret, are known to quicken the spirits, refresh and clear the heart, and drive

away melancholy: It is a special help to defend the heart from noisome vapours, and from infection of the pestilence, the juice thereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are unavailable in all manner of fluxes of blood or humours, to staunch bleedings inward or outward, lasks, scourgings, the bloody flux, womens too abundant flux of courses, the whites, and the cholerick belchings and castings of the stomach, and is a singular wound herb for all sorts of wounds, both of the head and body, either inward or outward; for all old ulcers, running cankers, and most sores, to be used either by the juice or decoction of the herb, or by the powder of the herb or root, or the water of the distilled herb or ointment by itself, or with other things to be kept. The seed is also no less effectual both to stop fluxes, and dry up moist sores, being taken in powder inwardly in wine, or fleeted water, that is, wherein hot gads of steel have been quenched; or the powder, or the seed mixed with the ointments.

## The Butter-Bur, or Petasitis.

*Descrips.* THIS riseth up in February, with a thick stalk about a foot high, whereon are set a few small leaves, or rather pieces, and at the tops a long spiked head; flowers of a bluish or deep red colour, according to the soil where it groweth, and before the stalk with the flowers have abiden a month above ground, it will be withered and gone, and blown away with the windy and the leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin and almost round, whose thick red foot stalks above a foot long stand towards the middle of the leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour; and hairy underneath. The root is long, and spreadeth under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant taste.

*Place and Time.* They grow in low and wet grounds by rivers and water sides. Their flower (as is said) rising and decaying in February and March, before their leaves, which appear in April.

*Government and Virtues.*] It is under the dominion of the Sun, and therefore is a great strengthener of the heart, and cheerer of the vital spirits. The roots thereof are by long experience found to be very available against the plague and pestilential fevers by provoking sweat; if the powder thereof be taken in wine, it also resisteth the force of any other poison. The root hereof taken with zedoary and angelica, or without them, helps the rising of the mother. The decoction of the root in wine, is singular good for those that wheeze much, or are short winded. It provoketh urine also, and womens courses, and killeth the flat and broad worms in the belly. The powder of the root doth wonderfully help to dry up the moisture of the sores that are hard to be cured, and taketh away all spots and blemishes of the skin. It were well if gentlewomen would keep this root preserved, to help their poor neighbours. *It is fit the rich should help the poor for the poor cannot help themselves.*

## The Burdock.

THEY are also called Personata, and Loppy-major, great Burdock and Clod-bur; it is so well known, even by the little boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any description of it.

*Place.*] They grow plentifully by ditches and water-sides, and by the highways almost every where through this land.

*Government and Virtues.*] Venus challengeth this herb for her own, and by its leaf or seed you may draw the womb which way you please, either upwards by applying it to the crown of the head, in case it falls out; or downwards in fits of the mother, by applying it to the soles of the feet; or if you would slay it in its place, apply it to the navel, and that is one good way to slay the child in it. See more of it in my *Guide for Women*. The Burdock leaves are cooling, moderately drying, and discussing withal, whereby it is good for old ulcers and sores. A dram of the roots taken with pine-kernels, helpeth them that spit foul, mattery, and bloody phlegm. The leaves applied to the places troubled with the shrinking of the sinews or arteries, give much ease. The juice of the leaves, or rather the roots themselves, given to drink with old wine, doth won-

derfully help the biting of any ſerpents: And the root beaten with a little ſalt, and laid on the place, ſuddenly eaſeth the pain thereof, and helpeth thoſe that are bit by a mad dog. The juice of the leaves being drank with honey, provoketh urine, and remedieth the pain of the bladder. The ſeed being drank in wine forty days together, doth wonderfully help the ſciatica. The leaves bruiſed with the white of an egg, and applied to any place burnt with fire, taketh out the fire, gives ſudden eaſe, and heals it up afterwards. The decoction of them fomented on any fretting ſore or canker, ſtayeth the corroding quality, which muſt be afterwards anointed with an ointment made of the ſame liquor, hogs greaſe, nitre and vinegar boiled together. The roots may be preſerved with ſugar, and taken faſting, or at other times, for the ſame purpoſes, and for conſumptions, the ſtone, and the laſk. The ſeed is much commended to break the ſtone, and cauſe it to be expelled by urine, and is often uſed with other ſeeds and things to that purpoſe.

### Cabbages and Coleworts.

I SHALL ſpare a labour in writing a deſcription of theſe ſince almoſt every one that can but write at all, may deſcribe them from his own knowledge, they being generally ſo well known, that deſcriptions are altogether needleſs.

*Place.*] They are generally planted in gardens.

*Time.*] Their flower time is towards the middle or end of July, and the ſeed is ripe in Auguſt.

*Government and Virtues.*] The cabbages or Coleworts boiled gently in broth, and eaten, do open the body, but the ſecond decoction doth bind the body. The juice thereof drank in wine, helpeth thoſe that are bitten by an adder, and the decoction of the flowers bringeth down womens courſes: Being taken with honey, it recovereth hoarſeneſs, or loſs of the voice. The often eating of them well boiled, helpeth thoſe that are entering into a conſumption. The pulp of the middle ribs of Coleworts boiled in almond milk, and made up into an electuary with honey, being taken often, is very profitable for thoſe that are purſy and ſhort-winded. Being boiled twice, an old cock boiled in the broth and drank, it helpeth the pains, and the obſtructions of the liver and ſpleen, and the ſtone in the kidneys. The

juice boiled with honey, and dropped into the corner of the eyes, cleareth the sight, by consuming any film or cloud beginning to dim it; It also consumeth the canker growing therein. They are much commended, being eaten before meat to keep one from surfeiting, as also from being drunk with too much wine, or quickly make a man sober again that is drunk before. For (as they say) there is such an antipathy or enmity between the Vine and the Coleworts, that the one will die where the other groweth. The decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of sores and gouty legs and knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm. It helpeth also old and filthy sores being bathed therewith, and healeth all small scabs, pushes, and wheals, that break out in the skin. The ashes of Colewort stalks mixed with old hogs grease, are very effectual to anoint the sides of those that have had long pains therein, or any other place pained with melancholy and windy humours. This was surely Chrysippus's God, and therefore he wrote a whole volume of them and their virtues, and that none of the least neither, for he would be no small fool: He appropriates them to every part of the body, and to every disease in every part; and honest old Cato (they say) used no other physick. I know not what metal their bodies were made of; this I am sure, Cabbages are extreme windy, whether you take them as meat or as medicine: yea, as windy meat as can be eaten, unless you eat bag pipes or bellows, and they are but seldom eaten in our days; and Colewort-flowers are something more tolerable, and the wholesomer food of the two. The moon challengeth the dominion of the herb.

## The Sea Coleworts.

*Descript.*] THIS hath divers somewhat long and broad, large, and thick wrinkled leaves, somewhat crumpled about the edges, and growing each upon a thick footstalk, very brittle, of a greyish green colour, from among which riseth up a strong thick stalk, two feet high, and better, with some leaves thereon to the top, where it branches forth much; and on every branch standeth a large bush of pale whitish flowers, consisting of four leaves a piece: The

root is somewhat great, shooteth forth many branches under ground, keeping the leaves green all the Winter.

*Place.*] They grow in many places upon the sea-coasts, as well on the Kentish as Essex shores; as at Lid in Kent, Colchester in Essex, and divers other places, and in other counties of this land.

*Time.*] They flower and seed about the time that other kinds do.

*Government and Virtues.*] The moon claims the dominion of these also. The broth, or first decoction of the Sea Colewort, doth by the sharp, nitrous, and biter qualities therein, open the belly, and purge the body: it cleanseth and digests more powerfully than the other kind: The seed hereof bruised and drank killeth worms. The leaves or the juice of them applied to sores or ulcers, cleanseth and healeth them, and dissolveth swellings, and taketh away inflammations.

## Calamint, or Mountain-Mint.

*Descript.*] THIS is a small herb, seldom rising above a foot high, with square hairy and woody stalks, and two small hoary leaves set at a joint, about the bigness of majoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole herb is: The flowers stand at several spaces of the stalks, from the middle almost upwards, which are small and gaping like to those of mints, and of a pale bluish colour: After which follow small round blackish seed. The root is small and woody, with divers small strings spreading within the ground, and dieth not, but abideth many years.

*Place.*] It groweth on heaths, and uplands, and dry grounds in many places of this land.

*Time.*] They flower in July, and their seed is ripe quickly after.

*Government and Virtues.*] It is an herb of Mercury, and a strong one too, therefore excellent good in all afflictions of the brain; the decoction of the herb being drank, bringeth down womens courses, and provoketh urine. It is profitable for those that are bursten, or troubled with convulsions or cramps, with shortness of breath, or choleric torments and pains in their bellies or stomach; it also helpeth the yellow-

jaundice, and stayeth vomiting, being taken in wine: Taken with salt and honey, it killeth all manner of worms in the body. It helpeth such as have the leprosy, either taken inwardly, drinking whey after it, or the green herb outwardly applied. It hindereth conception in women, but either burned or strewed in the chamber, it driveth away venomous serpents. It takes away black and blue marks in the face, and maketh black scars become well coloured, if the green herb (not the dry) be boiled in wine, and laid to the place, or the place washed therewith. Being applied to the buckle-bone, by continuance of time, it spends the humours, which cause the pain of the sciatica. The juice being dropped into the ears, killeth the worms in them. The leaves boiled in wine, and drank, provoke sweat, and open obstructions of the liver and spleen. It helpeth them that have a tertian ague (the body being first purged) by taking away the cold fits. The decoction hereof, with some sugar put thereto afterwards, is very profitable for those that be troubled with the overflowing of the gall, and that have an old cough, and that are scarce able to breathe by shortness of their wind; that have any cold distemper in their bowels, and are troubled with the hardness of the spleen, for all which purposes, both the powder, called Diacalominthes, and the compound syrup of Calamint (which are to be had at the apothecaries) are the most effectual. Let not women be too busy with it, for it works very violent upon the feminine part.

## Camomile.

IT is so well known every where, that it is but lost time and labour to describe it. The virtues thereof are as followeth.

A decoction made of Camomile, and drank, taken away all pains and stitches, in the side. The flowers of Camomile beaten, and made up into balls with Gil, drive away all sorts of agues, if the part grieved be anointed with that oil, taken from the flowers, from the crown of the head to the sole of the foot, and afterwards laid to sweat in his bed, and that he sweats well. This is Nicheffor an Egyptian's medicine. It is profitable for all sorts of agues that come either from phlegm, or melancholy, or from an inflammation of the bowels, being applied when the humours

causing them shall be concocted; and there is nothing more profitable to the sides and region of the liver and spleen than it. The bathing with a decoction of Camomile taketh away weariness, easeth pains, to what part of the body soever they be applied. It comforteth the sinews that are overstrained, mollifieth all swellings: It moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof, by a wonderful speedy property. It easeth all the pains of the cholic and stone, and all pains and torments of the belly, and gently provoketh urine. The flowers boiled in posset-drink provoke sweat, and help to expel all colds, aches, and pains whatsoever, and is an excellent help to bring down womens courses. Syrup made of the juice of Camomile, with the flowers in white wine, is a remedy against the jaundice and dropsy. The flowers boiled in lee, are good to wash the head, and comfort both it and the brain. The oil made of the flowers of Camomile, is much used against all hard swellings, pains or aches, shrinking of the sinews, or cramps, or pains in the joints, or any other part of the body. Being used in glysters, it helps to dissolve the wind and pains in the belly; anointed also, it helpeth stitches and pains in the side.

Nicheſſor saith, the Egyptians dedicated it to the sun, because it cured agues, and they were like enough to do it, for they were the arranteſt apes in their religion I ever read of. Bachinus, Bena, and Lobel, commend the syrup made of the juice of it and sugar, taken inwardly, to be excellent for the spleen. Also this is certain, that it most wonderfully breaks the stone: Some take it in syrup, or decoction, others inject the juice of it into the bladder with a syringe. My opinion is, that the salt of it taken half a dram in the morning in a little white or rhenish wine, is better than either; that it is excellent for the stone, appears in this which I have seen tried, *viz.* That a stone that hath been taken out of the body of a man, being wrapped in Camomile, will in time dissolve, and in a little time too.

## Water-Caltrops.

THEY are called also Tribulus Aquaticus, Tribulus Lacusoris, Tribulus Marinus, Caltraps, Saligos, Water Nuts, and Water Chesnuts.

*Descript.*] As for the greater sort of Water Caltrop it is not found here, or very rarely. Two other sorts there are which I shall here describe. The first hath a long creeping and jointed root, sending forth tufts at each joint, from which joints arise long, flat, slender knotted stalks, even to the top of the water, divided towards the top into many branches each carrying two leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn: the flowers are long, thick and whitish, set together almost like a bunch of grapes, which being gone there succeeds for the most part sharp pointed grains altogether, containing a small white kernel in them.

The second differs not much from this, save that it delights in more clear water: its stalks are not flat but round; its leaves are not so long, but more pointed: As for the place we need not determine, for their name sheweth they grow in the water.

*Government and Virtues.*] They are under the dominion of the Moon, and being made into a poultice, are excellent good for hot inflammations, swellings, cankers, sore mouths and throats, being washed with the decoction; it cleanseth and strengtheneth the neck and throat, and helps those swellings which when people have, they say the almonds of their ears are fallen down; it is excellent good for the rankness of the gums, a safe and present remedy for the king's evil; they are excellent good for the stone and gravel, especially the nuts being dried; they also resist poison, and bitings of venomous beasts.

## Campion Wild.

*Descript.*] THE wild White Campion hath many long and somewhat broad dark green leaves lying upon the ground, and divers ribs therein, somewhat like plantain, but somewhat hairy, broader, and not so long: The hairy stalks rise up in the middle of them three or four feet high, and sometimes more, with divers great white joints at several places thereon, and two such like leaves thereat up to the top, sending forth branches at several joints also: All which bear on several foot-stalks white flowers at the tops of them, consisting of five broad pointe

leaves, every one cut in on the end unto the middle, making them seem to be two a-piece, smelling somewhat sweet, and each of them standing in a large green striped hairy husk, large and round below next to the stalk: The seed is small and greyish in the hard heads that come up afterwards. The root is white and long, spreading divers fangs in the ground.

The red wild Campion groweth in the same manner as the white, but his leaves are not so plainly ribbed, somewhat shorter, rounder, and more wooly in handling. The flowers are of the same form and bigness; but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which makes the leaves look more in number than the other. The seeds and the roots are alike, the roots of both sorts abiding many years.

There are forty-five kinds of Campion more, those of them which are of a physical use, having the like virtues with those above described, which I take to be the two chiefest kinds.

*Place.*] They grow commonly through this land by fields and hedge-sides and ditches.

*Time.*] They flower in Summer, some earlier than others, and some abiding longer than others.

*Government and Virtues.*] They belong unto Saturn, and it is found by experience, that the decoction of the herb, either in white or red wine being drank, doth stay inward bleedings, and applied outwardly, it doth the like; and being drank, helpeth to expel urine being stopped, and gravel and stone in the reins or kindneys. Two drams of the seed drank in wine, purgeth the body of cholerick humours, and helpeth those that are stung by scorpions, or other venomous beasts, and may be as effectual for the plague. It is of very good use in old sores, ulcers, cankers, fistulas, and the like, to cleanse and heal them, by consuming the moist humours falling into them, and correcting the putrefaction of humours offending them.

## Carduus Benedictus.

IT is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the name was put upon it by some that had little holiness in themselves.

I shall spare a labour in writing a description of this

almoſt every one that can but write at all, may deſcribe them from his own knowledge.

*Time.*] They flower in Auguſt, and ſeed not long after.

*Government and Virtues.*] It is an herb of Mars, and under the ſign Aries. Now, in handling this herb, I ſhall give you a rational pattern of all the reſt; and if you pleaſe to view them throughout the book, you ſhall, to your content, find it true. It helps ſwimmings and giddineſs of the head, or the diſeaſe called veritgo, becauſe Aries is in the houſe of Mars. It is an excellent remedy againſt the yellow jaundice, and other infirmities of the gall, becauſe Mars governs choler. It ſtrengthens the attractive faculty in man, and clarifies the blood, becauſe the one is ruled by Mars. The continual drinking the decoction of it, helps red faces, tetters, and ring-worms, becauſe Mars cauſeth them. It helps the plague, ſores, boils and itch, the bitings of mad dogs and venomous beaſts, all which infirmities are under Mars; thus you ſee what it doth by ſympathy.

By antipathy to other planets it cures the French pox. By antipathy to Venus, who governs it, it ſtrengthens the memory, and cures deafneſs by antipathy to Saturn, who hath his fall in Aries, which rules the head. It cures quartan agues, and other diſeaſes of melancholy, and aduſt choler, by ſympathy to Saturn, Mars being exalted in Capricorn. Alſo it provokes urine, the ſtopping of which is uſually cauſed by Mars or the Moon.

## Carrots.

GARDEN Carrots are ſo well known, that they need no deſcription; but becauſe they are of leſs phyſical uſe than the wild kind (as indeed almoſt in all herbs the wild are moſt effectual in phyſic, as being more powerful in operation than the garden kinds) I ſhall therefore briefly deſcribe the Wild Carrot.

*Deſcript.*] It groweth in a manner altogether like the tame, but that the leaves and ſtalks are ſomewhat whiter and rougher. The ſtalks bear large tufts of white flowers, with a deep purple ſpot in the middle, which are contracted together when the ſeed begins to ripen, that the middle part being hollow and low, and the outward ſtalk riſing high, maketh the whole umbel to ſhew like a bird's neſt. The roots

ſmall, long and hard, and unfit for meat, being ſomewhat ſharp and ſtrong.

*Place.*] The wild kind groweth in divers parts of this land plentifully by the field ſides and untilled places.

*Time.*] They flower and ſeed in the end of Summer.

*Government and Virtues.*] Wild Carrots belong to Mercury, and therefore break wind, and remove ſtitches in the ſides, provoke urine, and women's courſes, and helpeth to break and expel the ſtone, the ſeed alſo of the ſame worketh the like effect, and is good for the dropſy, and thoſe whoſe bellies are ſwollen with wind; helpeth the colick, the ſtone in the kidneys, and riſing of the mother; being taken in wine, or boiled in wine, and taken, it helpeth conception. The leaves being applied with honey to running ſores or ulcers, do cleanſe them.

I ſuppoſe the ſeeds of them perform this better than the roots; and tho' Galen commended garden Carrots highly to break wind, yet experience teacheth they breed it firſt, and we may thank nature for expelling it, not they; the ſeeds of them expel wind indeed, and ſo mend what the root marreth.

## CARRAWAY.

*Deſcript.*] IT beareth divers ſtalks of fine cut leaves, lying upon the ground, ſomewhat like to the leaves of carrots, but not buſhing ſo thick, of a little quick taſte in them, from among which riſeth up a ſquare ſtalk, not ſo high as the carrot, at whoſe joints are ſet the like leaves but ſmaller and fitter, and at the top ſmall open tufts, or umbels of white flowers, which turn into ſmall blackiſh ſeed, ſmaller than the Anniſeed, and of a quicker and better taſte. The root is whitiſh, ſmall, and long, ſomewhat like unto a parſnip, but with more wrinkled bark, and much leſs, of a little hot and quick taſte, and ſtronger than the parſnip, and abideth after ſeed time.

*Place.*] It is uſually ſown with us in gardens.

*Time.*] They flower in June and July, and ſeed quickly after.

*Government and Virtues.*] This is alſo a mercurial plant. Carraway ſeed hath a moderate ſharp quality, whereby it breaketh wind, and provoketh urine, which alſo the herb

doth. The root is better ſeed than the parſnips; it is pleaſant and comfortable to the ſtomach, and helpeth digeſtion. The ſeed is conducing to all cold griefs of the head and ſtomach, bowels, or mother, as alſo the wind in them, and helpeth to ſharpen the eye-ſight. The powder of the ſeed put into a poultice, taketh away black and blue ſpots of blows and bruiſes. The herb itſelf, or with ſome of the ſeed bruiſed and fried, laid hot in a bag or double cloth, to the lower parts of the belly, eaſeth the pains of the wind colick.

The roots of Carraways eaten as men eat parſnips, ſtrengthen the ſtomachs of ancient people exceedingly, and they need not to make a whole meal of them neither, and are fit to be planted in every garden.

Carraway confects, once only dipped in ſugar, and half a ſpoonful of them eaten in the morning faſting, and as many after each meal, is a moſt admirable remedy for thoſe that are troubled with wind.

## CELANDINE.

*Deſcript.*] THIS hath divers tender, round, whitiſh green ſtalks, with greater joints than ordinary in other herbs as it were knees, very brittle and eaſy to break, from whence grow branches with large tender broad leaves, divided into many parts, each of them cut in on the edges, ſet at the joint on both ſides of the branches, of a dark blueiſh green colour, on the upper ſide like columbines, and of a more pale blueiſh colour underneath, full of yellow ſap, when any part is broken, of a bitter taſte, and ſtrong ſcent. At the flowers of four leaves a-piece, after which come ſmall long pods, with blackiſh ſeed therein. The root is ſomewhat great at the head, ſhooting forth divers long roots and ſmall ſtrings, reddiſh on the out-ſide, and yellow within, full of yellow ſap therein.

*Place.*] They grow in many places by old walls, hedges and way ſides in untilled places; and being once planted in a garden, eſpecially ſome ſhady places, it will remain there.

*Time.*] They flower all the Summer long, and the ſeed ripeneth in the mean time.

*Government and Virtues.*] This is an herb of the Sun, and under the celeſtial Lion, and is one of the beſt cures for the

eyes; for, all that know any thing in astrology, know that the eyes are subject to the luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries, applying to this time; let Leo arise, then may you make it into an oil or ointment, which you please, to anoint your sore eyes with: I can prove it doth both by my own experience, and the experience of those to whom I have taught it, that most desperate sore eyes have been cured by this only medicine; and then I pray, is not this far better than endangering the eyes by the art of the needle? For if this doth not absolutely take away the film, it will so facilitate the work that it may be done without danger. The herb or root boiled in white wine and drank, a few aniseeds being boiled therewith, openeth obstructions of the liver and gall, helpeth the yellow jaundice: and often using it, helps the dropsy and the itch, and those that have old sores in their legs, or other parts of the body. The juice thereof taken fasting, is held to be of singular good use against the pestilence. The distilled water, with a little sugar and a little good treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The juice dropped in the eyes, cleanseth them from films and cloudiness which darken the sight, but it is best to allay the sharpness of the juice with a little breast-milk. It is good in old filthy corroding creeping ulcers whersoever, to stay their malignity of fretting and running, and to cause them to heal more speedily: The juice often applied to tetters, ring-worms or other such like spreading cankers, will quickly heal them, and rubbed often upon warts, will take them away. The herb with the roots bruised and bathed with oil of camomile, and applied to the navel, taketh away the griping pains in the belly and bowels, and all the pains of the mother; and applied to womens breasts, stayeth the overmuch flowing of the courses. The juice or decoction of the herb gargled between the teeth that ach, easeth the pain, and the powder of the dried root laid upon any aching, hollow or loose tooth, will cause it to fall out. The juice mixed with some powder of brimstone is not only good against the itch, but taketh away all discolourings of the skin whatsoever; and if it chance that

in a tender body it cauſeth any itchings or inflammations, by bathing the place with a little vinegar, it is helped.

Another ill-favoured trick have phyſicians got to uſe to the eye, and that is worſe than the needle: which is to take away films by corroding or gnawing medicines. This I abſolutely proteſt againſt.

1. Becauſe the tunicles of the eyes are very thin, and therefore ſoon eaten aſunder.

2. The callus or film that they would eat away, is ſeldom of an equal thickneſs in every place, and then the tunicle may be eaten aſunder in one place, before the film be conſumed in another, and ſo be a readier way to extinguiſh the ſight than to reſtore it.

It is called Chelidonium, from the Greek word χελιδὼν, which ſignifies a ſwallow, becauſe they ſay that if you put out the eyes of young ſwallows when they are in the neſt, the old ones will recover their eyes again with this herb. This I am confident, for I have tried it, that if we mar the very apple of their eyes with a needle, ſhe will recover them again; but whether with this herb or not, I know not.

Alſo I have read (and it ſeems to be ſomewhat probable) that the herb, being gathered as I ſhewed before, and the elements drawn apart from it by art of the alchymiſt, and after they are drawn apart rectified, the earthy quality, ſtill in rectifying them, added to the *Terra damnata* (As Alchymiſts call it) or *Terra ſacratiſſima* (as ſome philoſophers call it) the elements ſo rectified are ſufficient for the cure of all diſeaſes, the humours offending being known, and the contrary element given; It is an experiment worth the trying, and can do no harm.

## The Leſſer Celandine, uſually known by the name of Pilewort and Fogwort.

I WONDER what ailed the ancients to give this the name of Celandine, which reſembles it neither in nature nor form; it acquired the name of Pilewort from its virtues, and it being no great matter where I ſet it down, ſo I ſet it down at all, I humoured Dr Tradition ſo much, as to ſet him down here.

*Deſcript.* This Celandine or Pilewort (which you pleaſe)

doth ſpread many round pale green leaves, ſet on weak and trailing branches, which lie upon the ground, and are flat, ſmooth, and ſomewhat ſhining, and in ſome places (though ſeldom) marked with black ſpots, each ſtanding on a long foot-ſtalk, among which riſe ſmall yellow flowers, conſiſting of nine or ten ſmall narrow leaves, upon ſlender foot-ſtalks, very like unto Crowsfoot, whereunto the ſeed alſo is not unlike, being many ſmall kernels like a grain of corn, ſometimes twice as long as others, of a whitiſh colour, with ſome fibres at the end of them.

*Place.*] It groweth for the moſt part in moiſt corners of fields and places that are near water ſides, yet will abide in drier ground if they be but a little ſhady.

*Time.*] It flowereth betimes about March or April, is quite gone by May; ſo it cannot be found till it ſpring again.

*Government and Virtues.*] It is under the dominion of Mars, and behold here another verification of the learning of the ancients, *viz.* that the virtue of an herb may be known by its ſignature, as plainly appears in this; for if you dig up the root of it, you ſhall perceive the perfect image of the diſeaſe which they commonly call the piles. It is certain by good experience, that the decoction of the leaves and roots doth wonderfully help piles and hæmorrhoids, alſo kernels by the ears and throat, called the king's evil, or any other hard wens or tumours.

Here's another ſecret for my countrymen and women, a couple of them together; Pilewort made into an oil, ointment, or plaiſter, readily cures both the piles, or hæmorrhoids, and the king's evil: The very herb borne about one's body next the ſkin helps in ſuch diſeaſes, though it never touch the place grieved; let poor people make much of it for thoſe uſes; with this I cured my own daughter of the king's evil, broke the ſore, drew out a quarter of a pint of corruption, cured without any ſcar at all in one week's time.

## The ordinary ſmall CENTAURY.

*Deſcript.*] THIS groweth up moſt uſually but with one round and ſomewhat cruſted ſtalk, about a foot high or better, branching forth at the top into many ſprigs, and ſome alſo from the joints of the ſtalks below; the flowers thus ſtand at the tops as it were in one umbo

or tuft, are of a pale red, tending to carnation colour, consisting of five, sometimes six small leaves, very like those of St John's Wort, opening themselves in the day time and closing at night, after which come seeds in little short husks in form like unto wheat corn. The leaves are small and somewhat round; the root small and hard, perishing every year. The whole plant is of an exceeding bitter taste.

There is another sort in all things like the former, save only it beareth white flowers.

*Place.*] They grow ordinary in fields, pastures and woods, but that with the white flowers not so frequently as the other.

*Time.*] They flower in July or thereabouts, and seed within a month after.

*Government and Virtues.*] They are under the dominion of the sun, as appears in that their flowers open and shut as the sun either sheweth or hideth his face. This herb, boiled and drank, purgeth cholerick and gross humours, and helpeth the sciatica; it openeth obstructions of the liver, gall, and spleen, helpeth the jaundice, and easeth the pains in the sides, and hardness of the spleen, used outwardly, and is given with very good effect in agues. It helpeth those that have the dropsy, or the green sickness, being much used by the Italians in powder for that purpose. It killeth the worms in the belly, as is found by experience. The decoction thereof, *viz.* the tops of the stalks, with the leaves and flowers, is good against the cholic, and to bring down womens courses, helpeth to void the dead birth, and easeth pains of the mother, and is very effectual in all old pains of the joints, as the gout, cramps, or convulsions. A dram of the powder thereof taken in wine, is a wonderful good help against the biting and poison of an adder. The juice of the herb with a little honey put to it, is good to clear the eyes from dimness, mists and clouds that offend or hinder sight. It is singular good both for green and fresh wounds, as also for old ulcers and sores, to close up the one, and cleanse the other, and perfectly to cure them both, although they are hollow or fistulous; the green herb especially being bruised and laid thereto. The decoction therefore dropped into the ears, cleanseth them from worms, cleanseth the foul ulcers and spreading scabs of the head, and taketh away all freckles,

spots, and marks in the skin, being washed with it; th
is so safe you cannot fail in the using of it, only gi
inwardly for inward diseases. 'Tis very wholesom
not very toothsome.

There is, besides these, another small Centaury,
beareth a yellow flower; in all other respects it is li
former, save that the leaves are bigger, and of a
green, and the stalk passeth through the midst of them
doth the herb Thorowwax. They are all of them, as
you, under the government of the sun: yet this, if y
serve in, you shall find an excellent truth; in dise
the blood, use the red Centaury; if of choler, use th
low; but if phlegm or water, you will find the whi

## The Cherry-Tree.

I SUPPOSE there are few but know this tree, fruit's sake; and therefore I shall spare writing a d tion thereof.

*Place.*] For the place of its growth, it is afforded in every orchard.

*Government and Virtues.*] It is a tree of *Venus*. Ch as they are of different tastes, so they are of differen tities. The sweet pass through the stomach and the more speedily, but are of little nourishment; the sour are more pleasing to an hot stomach, procure a to meat, and help to cure tough phlegm, and gross hum but when these are dried, they are more binding belly than when they are fresh, being cooling in h eases, and welcome to the stomach, and provoke The gum of the Cherry-Tree, dissolved in wine, for a cold, cough, and hoarseness of the throat; m the colour in the face, sharpeneth the eye-sight, pro appetite, and helpeth to break and expel the ston Black Cherries bruised with the stones, and dissolv water thereof is much used to break the stone, and t gravel and wind.

## Winter-Cherries.

*Descript.*] THE Winter Cherry hath a num creeping root in the ground, of the many rines of one's little finger, shooting forth at joints in several places, whereby it quickly spreads

compaſs of ground. The ſtalk riſeth not above a yard high, whereon are ſet many broad and long green leaves, ſome what like nightſhade, but larger; at the joints whereof come forth whitiſh flowers made of five leaves a piece, which afterwards turn into green Berries incloſed with thin ſkins, which change to be reddiſh when they grow ripe, the berry likewiſe being reddiſh, and as large as a cherry; wherein are contained many flat and yellowiſh ſeeds lying within the pulp, which being gathered and ſtrung up, are kept all the year to be uſed upon occaſion.

*Place.*] They grow not naturally in this land, but are cheriſhed in gardens for their virtues.

*Time.*] They flower not until the middle or latter end of July; and the fruit is ripe about Auguſt, or the beginning of September.

*Government and Virtues.*] This alſo is a plant of Venus. They are of great uſe in phyſic: The leaves being cooling, may be uſed in inflammations, but not opening as the berries and fruit are; which by drawing down the urine provoke it to be avoided plentifully when it is ſtopped or grown hot, ſharp, and painful in the paſſage; it is good alſo to expel the ſtone and gravel out of the reins, kidneys, and bladder, helping to diſſolve the ſtone, and voiding it by grit or gravel ſent forth in the urine; it alſo helpeth much to cleanſe inward impoſthumes or ulcers in the reins or bladder, or in thoſe that void a bloody or foul urine. The diſtilled water of the fruit, or the leaves together with them, or the berries, green or dry, diſtilled with a little milk and drank morning and evening with a little ſugar, is effectual to all the purpoſes before ſpecified, and eſpecially againſt the heat and ſharpneſs of the urine. I ſhall only mention one way, amongſt many others, which might be uſed for ordering the berries, to be helpful for the urine and the ſtone; which is this: Take three or four good handfuls of the berries, either green or freſh, or dried, and having bruiſed them, put them into ſo many gallons of beer or ale when it is new tunned up: This drink, taken daily, hath been found to do much good to many, both to eaſe the pains, and expel urine and the ſtone, and to cauſe the ſtone not to engender. The decoction of the berries in wine and water is the moſt uſual

way: but the powder of them taken in drink is more effectual.

## Chervil.

IT is called Ceræfolium, Myrrhis, and Myrrha, Chervel, Sweet Chervil, and Sweet Cicely.

*Descript.*] The garden Chervil doth at first somewhat resemble Parsley, but after it is better grown, the leaves are much cut in and jagged, resembling hemlock, being a little hairy and of a whitish green colour, sometimes turning reddish in the Summer, with the stalks also; it riseth a little above half a foot high, bearing white flowers in spiked tufts, which turn into long and round seeds pointed at the ends, and blackish when they are ripe; of a sweet taste, but no smell, though the herb itself smelleth reasonably well. The root is small and long, and perisheth every year, and must be sown a-new in spring, for seed after July for Autumn sails.

The wild Chervil groweth two or three feet high, with yellow stalks and joints, set with broader and more hairy leaves, divided into sundry parts, nicked about the edges, and of a dark green colour, which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of flowers, afterwards smaller and longer seeds. The root is white, hard, and enduring long. This hath little or no scent.

*Places.*] The first is sown in gardens for a sallet herb; the second groweth wild in many of the meadows of this land, and by the hedge sides, and on heaths.

*Time.*] They flower and seed early, and thereupon are sown again in the end of Summer.

*Government and Virtues.*] The garden Chervil being eaten, doth moderately warm the stomach, and is a certain remedy (saith Tragus) to dissolve congealed or clotted blood in the body, or that which is clotted by bruises, falls, &c. The juice or distilled water thereof being drank, and the bruised leaves laid to the place, being taken either in meat or drink, it is good to help to provoke urine, or expel the stone in the kidneys, to send down womens courses, and to help the pleurisy and pricking of the sides.

The wild Chervil bruised and applied, dissolveth swellings in any part, or the marks of congealed blood by bruises or blows, in a little space.

### Sweet Chervil, or Sweet Cicely.

*Descript.*] THIS groweth very like the great hemlock, having large spread leaves cut into divers parts, but of a fresher green colour than the hemlock, smelling as sweet as the aniseed. The stalks rise up a yard high, or better, being creffed or hollow, having leaves at the joints, but lesser; and at the tops of the branched stalks, umbels or tufts of white flowers; after which comes large and long crested black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The root is great and white, growing deep in the ground, and spreading sundry long branches therein, in taste and smell stronger than the leaves or seeds, and continuing many years.

*Place.*] This groweth in gardens.

*Government and Virtues.*] These are all three of them of the nature of Jupiter, and under his dominion. This whole plant, besides its pleasantness in sallets, hath its physical virtue. The root boiled and eaten with oil and vinegar, (or without oil) do much please and warm old and cold stomachs oppressed with wind or phlegm, or those that have the phthisick or consumption of the lungs. The same drank with wine is a preservation from the plague. It provoketh women's courses, and expelleth the after-birth, procureth an appetite to meat, and expelleth wind. The juice is good to heal the ulcers of the head and face; the candied roots hereof are held as effectual as Angelica, to preserve from infection in the time of a plague, and to warm and comfort a cold weak stomach. It is so harmless, you cannot use it amiss.

### Chesnut Tree.

IT were as needless to describe a tree so commonly known, as to tell a man he had gotten a mouth; therefore take the government and virtues of them thus:

The tree is abundantly under the dominion of Jupiter, and therefore the fruit must needs breed good blood, and yield commendable nourishment to the body; yet, if eaten over-much, they make the blood thick, procure headach, and bind the body; the inner skin that covereth the nut, is of so binding a quality, that a scruple of it being taken by a man, or ten grains by a child, soon stops any flux whatsoever: The whole nut being dried and beaten into powder,

and a dram taken at a time, is a good remedy to ſtop the terms in women. If you dry Cheſnuts, (only the kernels I mean) both the barks being taken away, beat them into powder, and make the powder up into an electuary with honey; ſo have you an admirable remedy for the cough and ſpitting of blood.

## Earth Chesnuts.

THEY are called Earth-nuts, Earth-Cheſnuts, Ground Nuts, Cipes-Nuts, and in Suſſex Pig-nuts. A deſcription of them, were needleſs, for every child knows them.

*Government and Virtues.*] They are ſomething hot and dry in quality, under the dominion of Venus, they provoke luſt exceedingly, and ſtir up to thoſe ſports ſhe is miſtreſs of; the ſeed is excellent good to provoke urine; and ſo alſo is the root, but it doth not perform it ſo forcibly as the ſeed doth. The root being dried and beaten into powder, and the powder made into an electuary, is as ſingular a remedy for ſpitting and piſſing of blood, as the former Cheſnut was for coughs.

## Chickweed.

IT is ſo generally known to moſt people, that I ſhall not trouble you with the deſcription thereof, nor myſelf with ſetting forth the ſeveral kinds, ſince but only two or three are conſiderable for their uſefulneſs.

*Place.*] They are uſually found in moiſt and watery places, by wood ſides, and elſewhere.

*Time.*] They flower about June, and their ſeed is ripe in July.

*Government and Virtues.*] It is a fine ſoft pleaſing herb, under the dominion of the Moon. It is found to be effectual as Purſlain to all the purpoſes whereunto it ſerveth, except for meat only. The herb bruiſed, or the juice applied (with cloths or ſponges dipped therein) to the region of the liver, and as they dry, to have it freſh applied, doth wonderfully temperate the heat of the liver, and is effectual for all impoſthumes and ſwellings whatſoever, for all redneſs in the face, wheals, puſhes, itch, ſcabs; the juice either ſimply uſed, or boiled with hog's greaſe and applied, helpeth cramps, convulſions, and palſy. The juice, or diſtilled water, is of much good uſe for all heats and redneſs in the eyes, to drop ſome

thereof into them; as also into the ears, to ease pains in them: and is of good effect to ease pains from the heat and sharpness of the blood in the piles, and generally all pains in the body that arise of heat. It is used also in hot and virulent ulcers and sores in the privy parts of men or women, or on the legs, or elsewhere. The leaves boiled with marshmallows, and made into a poultice with fenugreek and linseed, applied to swellings or impostumes, ripen and break them, or assuage the swellings and ease the pains. It helpeth the sinews when they are shrunk by cramps, or otherwise, and to extend and make them pliable again by this medicine, *Boil* a handful of chickweed, and a handful of red rose leaves dried, in a quart of mascadine, until a fourth part be consumed; then put to them a pint of oil of trotters or sheep's feet; let them boil a good while, still stirring them well; which being strained, anoint the grieved place therewith, warm against the fire, rubbing it well with one hand; and bind also some of the herb (if you will) to the place, and, with God's blessing it will help it in three times dressing.

## Chick Pease, or Cicers.

*Descript.* THE garden sorts, whether red, black, or white, bring forth stalks a yard long, whereon do grow many small and almost round leaves, dented about the edges, set on both sides of a middle rib: At the joints come forth one or two flowers, upon sharp foot stalks, pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the pease that follow will be, that are contained in small, thick, and short pods, wherein lie one or two pease, more usually pointed at the lower end, and almost round at the head, yea a little cornered or sharp; the root is small, and perisheth yearly.

*Place and Time.* They are sown in gardens, or fields, as pease, being sown later than pease, and gathered at the same time with them, or presently after.

*Government and Virtues.* They are both under the dominion of Venus. They are less windy than beans, but nourish more; they provoke urine, and are thought to increase sperm; they have a cleansing faculty, whereby they break the stone in the kidneys. To drink the cream of them, being boiled in water, is the best way. It moves the belly down-

wards, provokes womens courſes and urine, increaſes both milk and ſeed. One ounce of Cicers, two ounces of French barley, and a ſmall handful of marſh-mallow roots, clean waſhed and cut, being boiled in the broth of a chicken, and four ounces taken in the morning, and faſting two hours after, is a good medicine for a pain in the ſides. The white Cicers are uſed more for meat than medicine, yet have the ſame effect, and are thought more powerful to increaſe milk and ſeed. The wild Cicers are ſo much more powerful than the garden kinds, by how much they exceed them in heat and dryneſs; whereby they do more open obſtructions, break the ſtone, and have all the properties of cutting, opening, digeſting, and diſſolving; and this more ſpeedily and certainly than the former.

CINQUEFOIL, *or* Five-leaved Graſs; *called in ſome Counties* Five-fingered Graſs.

*Deſcript.* IT ſpreads and creeps far upon the ground, with long ſlender ſtrings like ſtrawberries, which take root again, and ſhoot forth many leaves made of five parts, and ſometimes of ſeven, dented about the edges, and ſomewhat hard. The ſtalks are ſlender, leaning downwards, and bear many ſmall yellow flowers thereon, with ſome yellow threads in the middle, ſtanding about a ſmooth green head, which, when it is ripe, is a little rough, and containeth ſmall browniſh ſeed. The root is of a blackiſh brown colour, as big as one's little finger, but growing long, with ſome threads thereat; and by the ſmall ſtrings it quickly ſpreadeth over the ground.

*Place.*] It groweth by wood ſides, hedge ſides, the pathway in fields, and in the borders and corners of them, almoſt through all this land.

*Time*] It flowereth in Summer, ſome ſooner, ſome later.

*Government and Virtues.*] This is an herb of Jupiter, and therefore ſtrengthens the part of the body it rules; let Jupiter be angular and ſtrong when it is gathered; and if you give but a ſcruple (which is but twenty grains) of it at a time, either in white wine, or in white wine vinegar, you ſhall very ſeldom miſs the cure of an ague, be it what ague ſoever, in three fits, as I have often proved, to the ad-

miration both of myself and others; let no man despise it because it is plain and easy, the ways of God are all such. It is an especial herb used in all inflammations and fevers, whether infectious or pestilential; or among other herbs to cool and temper the blood and humours in the body. As also for all lotions, gargles, infections, and the like, for sore mouths, ulcers, cancers, fistulas, and other corrupt, foul, or running sores. The juice hereof drank, about four ounces at a time, for certain days together, cureth the quinsey and yellow jaundice; and taken for thirty days together, cureth the falling sickness. The roots boiled in milk and drank, is a most effectual remedy for all fluxes in man or woman, whether the white or red, as also the bloody flux. The roots boiled in vinegar, and the decoction thereof held in the mouth, easeth the pains of the tooth-ach. The juice or decoction taken with a little honey, helpeth the hoarseness of the throat, and is very good for the cough of the lungs. The distilled water of both roots and leaves is also effectual to all the purposes aforesaid; and if the hands be often washed therein, and suffered at every time to dry in of itself without wiping, it will in a short time help the palsy, or shaking in them. The root boiled in vinegar, helpeth all knots, kernels, hard swellings, and lumps growing in any part of the flesh, being thereto applied; as also inflammations, and St. Anthony's fire, all impostumes, and painful sores with heat and putrefaction, the shingles also, and all other sores of running and foul scabs, sores, and itch. The same also boiled in wine, and applied to any joint full of pain, ach, or the gout in the hands or feet, or the hip gout, called Sciatica, and the decoction thereof drank the while, doth cure them, and easeth much pain in the bowels. The roots are likewise effectual to help ruptures or burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both; as also bruises or hurts by blows, falls, or the like, and to slay the bleeding of wounds in any parts inward or outward.

Some hold that one leaf cures a quotidian, three a tertian, and four a quartan ague, and a hundred to one if it be not Dioscorides; for he is full of whimsies. The truth is I never stood so much upon the number of the leaves, nor whether

I give it in powder or decoction: If Jupiter were strong, and the Moon applying to him, or his good aspect at the gathering, I never knew it miss the desired effects.

## Cives.

CALLED also Rush Leeks, Chives, Civet, and Sweth.

*Temperature and Virtues.*] I confess I had not added these, had it not been for a country gentlewomen, who by a letter certified me, that amongst other herbs, I had left these out; they are indeed a kind of leeks, hot and dry in the fourth degree as they are, and so under the dominion of Mars; if they be eaten raw, (I do not mean raw, opposite to roasted or boiled, but raw, opposite to chimical preparation) they send up very hurtful vapours to the brain, causing troublesome sleep, and spoiling the eye-sight, yet of them, prepared by the art of the alchymist, may be made an excellent remedy for the stoppage of urine.

## Clary, or more properly Clear-Eye.

*Descript.*] OUR ordinary garden Clary hath four square stalks, with broad, rough, wrinkled, whitish or hoary green leaves, somewhat evenly cut in on the edges, and of a strong sweet scent, growing some near the ground, and some by couples upon stalks. The flowers grow at certain distances, with two small leaves at the joints under them, somewhat like unto the flowers of Sage, but smaller, and of a whitish blue colour. The seed is brownish, and somewhat flat, or not so round as the wild. The roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom rises of its own sowing.

*Place.*] This groweth in gardens.

*Time*] It flowereth in June and July, some a little later then others, and their seed is ripe in August, or thereabout.

*Government and Virtues.*] It is under the dominion of the Moon. The seed put into the eyes clears them from motes and such like things gotten within the lids to offend them, as also clears them from white and red spots on them. The mucilage of the seed made with water, and applied to tumours, or swellings, disperseth and taketh them away; as also draweth forth splinters, thorns, or other things gotten into the flesh. The leaves used with vinegar, either by itself or with a little honey, doth help boils, felons, and the h-

inflammations that are gathered by their pains, if applied before it be grown too great. The powder of the dried root put into the nose, provoketh sneezing, and thereby purgeth the head and brain of much rheum and corruption. The seed or leaves taken in wine, provoketh to venery. It is of much use both for men and women that have weak backs, and helpeth to strengthen the reins: used either by itself or with other herbs conducing to the same effect, and in tansies often. The fresh leaves dipped in a batter of flour, eggs, and a little milk, and fried in butter, and served to the table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak backs, and the effects thereof. The juice of the herb put into ale or beer, and drank, bringeth down womens courses, and expelleth the after-birth.

It is an usual course with many men, when they have gotten the running of the reins, or women the whites, they run to the bush of Clary; Maid bring hither the fryingpan, fetch me some butter quickly, than for eating fried Clary, just as hogs eat acorns; and this they think will cure their disease (forsooth) whereas when they have devoured as much Clary as will grow upon an acre of ground, their backs are as much the better, as though they had pissed in their shoes; nay, perhaps much worse.

We will grant that Clary strengthens the back; but this we deny, that the cause of the running of the reins in men, or the whites in women, lies in the back (though the back may sometimes be weakened by them) and therefore the medicine is as proper, as for me when my toe is sore, to lay a plaister on my nose.

## Wild Clary.

WILD Clary is most blasphemously called Christ's eye, because it cures diseases of the eyes. I could wish from my soul blasphemy, ignorance and tyranny were ceased among physicians, that they may be happy, and I joyful.

*Descript.* It is like the other Clary, but lesser, with many stalks about a foot and an half high. The stalks are square and somewhat hairy; the flowers of a bluish colour. He that knows the common Clary cannot be ignorant of this.

*Place.* It grows commonly in this nation in barren places;

you may find it plentifully, if you look in the fields near Gray's Inn, and the fields near Chelsea.

*Time.*] They flower from the beginning of June, till the latter end of August.

*Government and Virtues.*] It is something hotter and drier than the garden Clary is, yet nevertheless under the dominion of the Moon, as well as that; the seeds of it being beaten to powder, and drank with wine, is an admirable help to provoke lust. A decoction of the leaves being drank, warms the stomach, and it is a wonder if it should not, the stomach being under Cancer, the house of the Moon. Also it helps digestion, scatters congealed blood in any part of the body. The distilled water hereof cleanseth the eyes of redness, watershness and hear: It is a gallant remedy for dimness of sight, to take one of the seeds of it, and put into the eyes, and there let it remain till it drops out of itself, the pain will be nothing to speak on; it will cleanse the eyes of all filthy and putrified matter, and in often repeating it, will take off a film which covereth the sight; a handsomer, safer, and easier remedy by a great deal, than to tear it off with a needle.

## Cleavers.

IT is also called Aparine, Goose-share, Goose-grass, and Cleavers.

*Descript.*] The common Cleavers have divers very rough square stalks, not so big as the top of a point, but rising up to be two or three yards high sometimes, if it meet with any tall bushes or trees whereon it may climb, yet without any claspers, or else much lower, and lying on the ground full of joints, and at every one of them shooteth forth a branch, besides the leaves, thereat, which are usually six, set in a round compass like a star, or a rowel of a spur: From between the leaves or the joints towards the tops of the branches, come forth very small white flowers, at every end upon small thready foot-stalks, which after they have fallen, there do shew two small round and rough seeds joined together like two testicles, which when they are ripe, grow hard and whitish, having a little hole on the side, something like unto a navel. Both stalks, leaves, and seeds are so rough, that they will cleave to any thing that shall touch them. The

root is ſmall and thready, ſpreading much to the ground, but dieth every year.

*Place.*] It groweth by the hedge and ditch-ſides in many places of this land, and is ſo troubleſome an inhabitant in gardens, that it rampeth upon, and is ready to choak whatever grows near it.

*Time.*] It flowereth in June or July, and the ſeed is ripe and falleth again in the end of July or Auguſt, from whence it ſpringeth up again, and not from the old roots.

*Government and Virtues.*] It is under the dominion of the Moon. The juice of the herb and the ſeed together taken in wine, helpeth thoſe bitten with an adder, by preſerving the heart from the venom. It is familiarly taken in broth to keep them lean and lank, that are apt to grow fat. The diſtilled water drank twice a day, helpeth the yellow jaundice, and the decoction of the herb, in experience, is found to do the ſame, and ſtayeth laſks and bloody fluxes. The juice of the leaves, or they a little bruiſed and applied to any bleeding wounds, ſtayeth the bleeding. The juice alſo is very good to cloſe up the lips of green wounds, and the powder of the dried herb ſtrewed thereupon doth the ſame, and likewiſe helpeth old ulcers. Being boiled in hog's greaſe, it helpeth all ſorts of hard ſwellings or kernels in the throat, being anointed therewith. The juice dropped into the ears, taketh away the pain of them.

It is a good remedy in the Spring, eaten (being firſt chopped ſmall, and boiled well) in water-gruel, to cleanſe the blood, and ſtrengthen the liver, thereby to keep the body in health, and fitting it for that change of ſeaſon that is coming.

## Clowns Woodwort.

*Deſcript.*] IT groweth up ſometimes to two or three feet high, but uſually about two feet, with ſquare, green rough ſtalks, but ſlender, joined ſomewhat far aſunder, and two very long, ſomewhat narrow dark green leaves bluntly dented about the edges thereof, ending in a long point. The flowers ſtands towards the tops, compaſſing the ſtalks at the joints with the leaves, and end likewiſe in a ſpiked top, having long and much gaping hoods of a purpliſh red colour, with whitiſh ſpots in them, ſtanding in

somewhat round husks, wherein afterwards stand blackish round seeds. The root is composed of many long strings, with some turberous long knobs growing among them, of a pale yellowish or whitish colour, yet some times of the year these knobby roots in many places are not seen in this plant: The plant smelleth somewhat strong.

*Place.*] It groweth in sundry counties of this land, both *north* and *west*, and frequently by path-sides in the fields near about London, and within three or four miles distant about it, yet it usually grows in or near ditches.

*Time.*] It flowereth in June or July, and the seed is ripe soon after.

*Government and Virtues.*] It is under the dominion of the planet Saturn. It is singularly effectual in all fresh and green wounds, and therefore beareth not this name for nought. And it is very available in stenching of blood, and to dry up the fluxes of humours in old fretting ulcers, cankers, &c. that hinder the healing of them.

A syrup made of the juice of it, is inferior to none for inward wounds, ruptures, of veins, bloody flux, vessels broken, spitting, pissing, or vomiting blood: Ruptures are excellently and speedily, even to admiration, cured by taking now and then a little of the syrup, and applying an ointment or plaister of this herb to the place. Also, if any vein be swelled or muscle, apply a plaister of this herb to it, and if you add a little Comfrey to it, it will not do amiss. I assure thee the herb deserves commendations, though it has gotten such a clownish name; and whosoever reads this, (if he try it as I have done) will commend it; only take notice that it is of a dry earthy quality.

COCK'S HEAD, Red Fitching, or Medick Fitch.

*Descript.*] THIS hath divers weak but rough stalks, half a yard long, leaning downwards, but set with winged leaves longer and more pointed than those of lintels, and whitish underneath; from the tops of these stalks arise up other slender stalks, naked without leaves unto the tops, where there grow many small flowers in manner of a spike, of a pale reddish colour, with some blueness among them; after which rise up in their places, round rough, and some-

what flat heads. The root is tough, and somewhat woody, yet liveth and shooteth a new every year.

*Place.*] It groweth under hedges, and sometimes in the open fields, in divers places of this land.

*Time.*] They flower all the months of July and August, and the seed ripeneth in the mean while.

*Government and Virtues.*] It is under the dominion of Venus. It hath power to rarify and digest; and therefore the green leaves bruised and laid as a plaister, disperse knots, nodes, or kernels in the flesh; and if when dry it be taken in wine, it helpeth the stranguary; and being anointed with oil, it provoketh sweat. It is a singular food for cattle, to cause them to give store of milk; and why then may it not do the like, being boiled in ordinary drink, for nurses?

## Columbines.

THESE are so well known, growing almost in every garden, that I think I may save the expence of time in writing a description of them.

*Time.*] They flower in May, and abide not for the most part when June is past, perfecting their seed in the mean time.

*Government and Virtues.*] It is also an herb of Venus. The leaves of Columbines are commonly used in lotions with good success for sore mouths and throats. Tragus saith, that a dram of the seed taken in wine with a little saffron, openeth obstructions of the liver, and is good for the yellow jaundice, if the party after the taking thereof be laid to sweat well in bed. The seed also taken in wine causeth a speedy delivery of women in childbirth; if one draught suffice not, let her drink the second, and it is effectual: The Spaniards used to eat a piece of the root thereof in a morning fasting, many days together, to help them when troubled with the stone in the reins or kidneys.

## Coltsfoot.

CALLED also Coughwort, Foals-foot, Horse-hoof, and Bulls-foot.

*Descript.*] This shooteth up a slender stalk, with small yellowish flowers somewhat earlier, which fall away quickly, and after they are past, come up somewhat round leaves,

sometimes dented about the edges, much lesser, thicker, and greener than those of butter-bur, with a little down or fnieze over the green leaf on the upper side, which may be rubbed away, and whitish of mealy underneath. The root is small and white, spreading much under ground, so that where it taketh it will hardly be driven away again, if any little piece be abiding therein; and from thence spring fresh leaves.

*Place.*] It groweth as well in wet grounds as in drier places.

*Time.*] And flowereth in the end of February, the leaves begin to appear in March.

*Government and Virtues.*] The plant is under Venus, the fresh leaves or juice or a syrup thereof is good for a hot dry cough, or wheesing, and shortness of breath. The dry leaves are best, for those that have thin rheums and distillations upon their lungs, causing a cough; for which also the dried leaves taken as tobacco, or the root is very good. The distilled water hereof simply, or with elder flowers and nightshade, is a singular good remedy against all hot agues, to drink two ounces at a time, and apply cloths wet therein to the head and stomach, which also does much good, being applied to any hot swellings and inflammations: It helpeth St. Anthony's fire and burnings, and is singular good to take away wheals and small pushes that rise thro' heat; as also the burning heat of the piles, or privy parts, cloths wet therein being thereunto applied.

## COMFREY.

*Descript.*] THE Common great Comfrey hath divers very large hairy green leaves lying on the ground, so hairy or prickly, that if they touch any tender parts of the hands, face, or body, it will cause it to itch; the stalk that riseth from among them, being two or three feet high, hollow and cornered, is very hairy also, having many such like leaves as grow below, but lesser and lesser up to the top: At the joints of the stalks it is divided into many branches, with some leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a glove, of a pale whitish colour, after which come small black seeds. The

roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within, short and easy to break, and full of glutinous or clammy juice, of little or no taste at all.

There is another sort in all things like this, only somewhat less, and beareth flowers of a pale purple colour.

*Place.*] They grow by ditches and water-sides, and in divers fields that are moist, for therein they chiefly delight to grow. The first generally through all the land, and the other but in some places. By the leave of my authors, I know the first grows often in dry places.

*Time.*] They flower in June or July, and give their seed in August.

*Government and Virtues.*] This is an herb of Saturn, and I suppose under the sign Capricorn, cold, dry, and earthy in quality. What was spoken of clowns woundwort may be said of this. The Great Comfrey helpeth those that spit blood, or make a bloody urine. The root boiled in water or wine, and the decoction drank, helps all inward hurts, bruises, wounds, and ulcers of the lungs, and causeth the phlegm that oppresseth them to be easily spit forth: It helpeth the resolution of rheum from the head, upon the lungs, the fluxes of blood or humours by the belly, womens immoderate course, as well the reds as the whites, and the running of the reins, happening by what cause soever. A syrup made thereof is very effectual for all those inward griefs and hurts, and the distilled water for the same purpose also, and for outward wounds and sores in the fleshy or sinewy parts of the body whatsoever, as also to take away the fits of agues, and to allay the sharpness of humours. A decoction of the leaves hereof is available to all the purposes, though not so effectual as the roots: The roots being outwardly applied, help fresh wounds or cuts immediately, being bruised and laid thereto, and is special good for ruptures and broken bones; yea, it is said to be so powerful to consolidate and knit together, that if they be boiled with dissevered pieces of flesh in a pot, it will join them together again. It is good to be applied to womens breasts that grow sore by the abundance of milk coming into them; also, to repress the overmuch bleeding of the haemorrhoids, to cool the inflammation of the

parts thereabouts, and to give ease of pains. The roots of Comfrey taken fresh, beaten small, and spread upon leather, and laid upon any place troubled with the gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained joints, and profiteth very much for running and moist ulcers, gangrenes, mortifications and the like, for which it hath by often experience been found helpful.

## CORALWORT.

IT is also called by some Toothwort, Tooth Violet, Dog Teeth, Violet, and Dentaria.

*Descript.* Of the many sorts of this herb, two of them may be found growing in this nation; the first of which shooteth forth one or two winged leaves, upon long brownish foot-stalks, which are doubled down at their first coming out of the ground; when they are fully opened they consist of seven leaves, most commonly of a sad green colour, dented about the edges, set on both sides the middle rib one against another, as the leaves of the ash tree; the stalk beareth no leaves on the lower half of it; the upper half beareth sometimes three or four, each consisting of five leaves, sometimes of three; on the top stand four or five flowers upon short foot-stalks, with long husks; the flowers are very like the flowers of stock gilliflowers, of a pale purplish colour, consisting of four leaves a piece, after which come small cods, which contain the seed; the root is very smooth, white and shining; it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knobs set together; towards the top of the stalk there grows some single leaves, by each of which cometh a small cloven bulb, which when it is ripe, if it be set in the ground, it will grow to be a root.

As for the other Coralwort which groweth in this nation, 'tis more scarce than this, being a very small plant, much like crowfoot, therefore some think it to be one of the sorts of crowfoot; I know not where to direct you to it, therefore I shall forbear the description.

*Place.* The first groweth in Mayfield in Suffex, in a wood called Highstead, and in another wood there also, called Foxholes.

*Time.*] They flower from the latter end of April to the middle of May, and before the middle of July they are gone, and not to be found.

*Government and Virtues.*] It is under the dominion of the Moon. It cleanseth the bladder, and provoketh urine, expels gravel, and the stone; it easeth pains in the sides and bowels, is excellent good for inward wounds, especially such as are made in the breast or lungs, by taking a dram of the powder of the root every morning in wine; the same is excellent good for ruptures, as also to stop fluxes; an oint ment made of it is excellent good for wounds and ulcers, for it soon dries up the watery humours which hinder the cure.

COSTMARY, or Alcost, or Balsam Herb.

THIS is so frequently known to be an inhabitant in almost every garden, that I suppose it needless to write a description thereof.

*Time.*] It flowereth in June and July.

*Government and Virtues.*] It is under the dominion of Jupiter. The ordinary Costmary, as well as Maudlin, provoketh urine abundantly, and mollifieth the hardness of the mother; it gently purgeth choler and phlegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul and hindereth putrefaction and corruption; it dissolveth without attraction, openeth obstructions, and helpeth their evil effects, and it is a wonderful help to all sorts of dry agues. It is astringent to the stomach, and strengtheneth the liver, and all the other inward parts; and taken in whey worketh more effectually. Taken fasting in the morning, it is very profitable for pains in the head that are continual, and to slay, dry up, and consume all thin rheums or distillations from the head into the stomach, and helpeth much to digest raw humours that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body, called Cachexia, but especially in the beginning of the disease. It is an especial friend and help to evil, weak and cold livers. The seed is familiarly given to children for the worms, and so is the infusion of the flowers in white wine given them to the quantity of two ounces at a time; it maketh an excellent salve to cleanse and heal old

ulcers, being boiled with oil of olive, and adders tong
it, and after it is strained, put a little wax rosin, a
pennine, to bring it to a convenient body.

## Cudweed, or Cottonweed.

BESIDES Cudweed and Cottonweed, it is also
Chaffweed, Dwarff Cotton, and Petty Cotton.

*Descript.*] The common Cudweed riseth up wi
stalk sometimes, and sometimes with two or three, t
on all sides with small, long and narrow whitish or
leaves, from the middle of the stalk almost up to t
with every leaf standeth a small flower of a dun or br
yellow colour, or not so yellow as others; in which
after the flowers are fallen, come small seed wrapp
with the down therein, and is carried away with the
the root is small and thready.

There are other sorts hereof, which are somewha
than the former, not much different, save only that th
and leaves are shorter, so the flowers are paler and mor

*Place.*] They grow in dry, barren, sandy, and g
grounds, in most places of this land.

*Time.*] They flower about July, some earlier, som
and their seed is ripe in August.

*Government and Virtues.*] Venus is Lady of it,
plants are all astringent, binding, or drying, and th
profitable for defluctions of rheum from the head,
flux of blood wheresoever, the decoction being
into red wine and drank, or the powder taken there
also helpeth the bloody-flux, and easeth the torme
come thereby, stayeth the immoderate courses of w
and is also good for inward or outward wounds, hu
bruises, and helpeth children both of bursslings a
worms, and being either drank or injected, for the
called Tenesmus, which is an often provocation to th
without doing any thing. The green leaves bruise
laid to any green wound, stayeth the bleeding, and
it up quickly. The juice of the herb taken in wine an
it, as Pliny saith, a sovereign remedy against the
and quinsey; and further saith, That whosoever shall
it, shall never be troubled with that disease again.

### Cowslips, or Peagles.

BOTH the wild and garden Cowslips are so well known, that I will neither trouble myself nor the reader with a description of them.

*Time.*] They flower in April and May.

*Government and Virtues.*] Venus lays claim to this herb as her own, and it is under the sign Aries, and our city dames know well enough the ointment or distilled water of it adds beauty, or at least restores it when it is lost. The flowers are held to be more effectual than the leaves, and the roots of little use. An ointment being made with them, taketh away spots and wrinkles of the skin, sun burning and freckles, and adds beauty exceedingly; they remedy all infirmities of the head coming of heat and wind, as vertigo, ephialtes, false apparitions, phrensies, falling-sickness, palsies, convulsions, cramps, pains in the nerves: the roots ease pains in the back and bladder, and open the passages of urine. The leaves are good in wounds, and the flowers take away trembling. If the flowers be not well dried, and kept in a warm place, they will soon putrefy and look green. Have a special eye over them. If you let them see the sun once a month, it will do neither the sun nor them harm.

Because they strengthen the brain and nerves, and remedy palsies, the Greeks gave them the name Paralysis: The flowers preserved or conserved, and the quantity of a nutmeg eaten every morning, is a sufficient dose for inward diseases; but for wounds, spots, wrinkles, and sunburnings, an ointment is made of the leaves, and hog's grease.

### Crabs Claws.

CALLED also Water Sengreen, Knights Pond-Water, Water Houseleek, Pond Weed, and Fresh-water Soldier.

*Descript.*] It hath sundry long narrow leaves, with sharp prickles on the edges of them also, very sharp-pointed; the stalks which bear flowers seldom grow so high as the leaves, bearing a forked head, like a Crab's Claws, out of which comes a white flower, consisting of three leaves, with divers yellowish hairy threads in the middle; it taketh root in the mud in the bottom of the water.

*Place.*] It groweth plentifully in the fens in Lincolnshire.

*Time.*] It flowers in June, and usually from thence till August.

*Government and Virtues.*] 'Tis a plant under the dominion of Venus, and therefore a great strengthener of the reins; it is excellent good in that inflammation which is commonly called St Anthony's fire; it assuageth all inflammations, and swellings in wounds; and an ointment made of it, is excellent good to heal them; there is scarce a better remedy growing than this is, for such as have bruised their kidneys, and upon that account pissing blood; a dram of the powder of the herb taken every morning, is a very good remedy to stop the terms.

## Black Cresses.

*Descript.*] IT hath long leaves, deeply cut and jagged on both sides, not much unlike wild mustard; the stalks small, very limber, though very tough; you may twist them round as you may a willow, before they break. The flones be very small and yellow, after which comes small cods, which contain the seed.

*Place.*] It is a common herb, grows usually by the way sides, and sometimes upon mud walls about London, but it delights most to grow among stones and rubbish.

*Time.*] It flowers in June and July, and the seed is ripe in August and September.

*Government and Virtues.*] It is a plant of a hot and biting nature under the dominion of Mars. The seed of Black Cresses strengthens the brain exceedingly, being in performing that office, little inferior to mustard seed, if at all; they are excellent good to stay those rheums which may fall down from the head upon the lungs; you may beat the seed into powder, if you please, and make it up into an electuary with honey; so you have an excellent remedy by you, not only for the premises, but also for the cough, yellow jaundice, and sciatica. The herb boiled into a poultice, is an excellent remedy for inflammations both in womens breasts and mens testicles.

## Sciatica Cresses.

*Descript.*] THESE are of two kinds: The first riseth up with a round stalk, about two feet high, spread into divers branches, whose lower leaves are some

what larger than the upper, yet all of them cut or torn on the edges, somewhat like garden cresses, but smaller; the flowers are small and white, growing at the tops of branches, where afterwards grow husks, with small browniſh seed therein, very strong and sharp in taste, more than the cresses of the garden; the root is long, white, and woody.

The other hath the lower leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the edges towards the ends; but those that grow up higher are lesser. The flowers and seeds are like the former, and so is the root likewise, and both root and seeds as sharp as it.

*Place.*] They grow by the way-sides in untilled places, and by the sides of old walls.

*Time.*] They flower in the end of June, and their seed is ripe in July.

*Government and Virtues.*] It is a Saturnine plant. The leaves, but especially the root, taken fresh in Summer-time, beaten or made into a poultice or salve with hog's grease, and applied to the places pained with the sciatica, to continue thereon four hours, if it be on a man, and two hours on a woman; the place afterwards bathed with wine and oil mixed together, and then wrapped with wool or skins after they have sweat a little, will assuredly cure not only the same disease in hips, buckle-bone or other of the joints, as gout in the hands or feet, but all other old griefs of the head, (as inveterate rheums) and other parts of the body that are hard to be cured. And if of the former griefs any parts remain, the same medicine after twenty days is to be applied again. The same is also effectual in the diseases of the spleen; and applied to the skin, it taketh away the blemishes thereof, whether they be scars, leprosy, scabs, or scurf, which although it ulcerate the part, yet that is to be helped afterwards with a salve made of oil and wax. Esteem this as another secret.

## Water Cresses.

*Descript.*] OUR ordinary Water Cresses spread forth with many weak, hollow, sappy stalks, shooting out fibres at the joints, and upwards long winged aves made of sundry broad sappy almost round leaves, of

a brownish colour. The flowers are many and white, standing on long foot-stalks, after which come small yellow seed contained in small long pods like horns. The whole plant abideth green in the winter, and tasteth somewhat hot and sharp.

*Place.*] They grow (for the most part) in small standing waters, yet sometimes in small rivulets of running water.

*Time.*] They flower and seed in the beginning of Summer.

*Government and Virtues.*] It is an herb under the dominion of the Moon. They are more powerful against the scurvy, and to cleanse the blood and humours, than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the stone, and provoke urine and womens courses. The decoction thereof cleanseth ulcers, by washing them therewith. The leaves bruised, or the juice, is good, to be applied to the face or other parts troubled with freckles, pimples, spots, or the like, at night, and washed away in the morning. The juice mixed with vinegar, and the forepart of the head bathed therewith, is very good for those that are dull and drousy, or have the lethargy.

Watercress pottage is a good remedy to cleanse the blood in the spring, and help headachs, and consume the gross humours winter hath left behind; those that would live in health, may use it if they please, if they will not, I cannot help it. If any fancy not pottage, they may eat the herb as a sallet.

## Crosswort.

*Descript.*] COMMON Crosswort groweth up with square hairy brown stalks a little above a foot high, having four small broad and pointed, hairy, yet smooth green leaves, growing at every joint, each against other cross-way, which has caused the name. Towards the tops of the stalks at the joints, with the leaves, in three or four rows downwards, stand small, pale, yellow flowers, after which come small blackish round seeds, four for the most part, set in every husk. The root is very small and full of fibres, or threads, taking good hold of the ground, and spreading with the branches a great deal of ground, which

perish not in winter, although the leaves die every year, a spring again anew.

*Place.*] It groweth in many moist grounds, as well meadows as untilled places about London, in Hampstead churchyard, at Wye in Kent, and sundry other places.

*Time.*] It flowers from May all the Summer long, in one place or other, as they are more open to the sun; the seed ripeneth soon after.

*Government and Virtues.*] It is under the dominion of Saturn. This is a singular good wound herb, and is used inwardly, not only to stay bleeding of wounds, but to consolidate them, as it doth outwardly any green wound, which it quickly soldereth up, and healeth. The decoction of the herb in wine, helpeth to expectorate phlegm out of the chest, and is good for obstructions in the breast, stomach or bowels, and helpeth a decayed appetite. It is also good to wash any wound or sore with, to cleanse and heal it. The herb bruised, and then boiled, applied outwardly for certain days together, renewing it often; and in the mean time the decoction of the herb in wine, taken inwardly every day, doth certainly cure the rupture in any, so as it be not too inveterate; but very speedily, if it be fresh and lately taken.

## CROWFOOT.

MANY are the names this furious biting herb hath obtained, almost enough to make up a Welshman's pedigree, if he fetch no farther than John of Gaunt, or William the Conqueror; for it is called Frogsfoot from the Greek name Barrakion: Crowfoot, Gold Knobs, Gold Cups, King's Knob, Bassiners, Trollflowers, Polts, Locket Gowlans, and Butterflowers.

Abundance are the sorts of this herb, that to describe them all, would tire the patience of Socrates himself; but because I have not yet attained to the fairies of Socrates, I shall but describe the most usual.

*Description.*] The most common Crowfoot hath many dark green leaves, cut into divers parts, in taste biting and sharp, biting and blistering the tongue: it bears many flowers, and those of a bright, resplendent, yellow colour. I do not remember, that I ever saw any thing yellower. Virgins in

cient time used to make powder of them to furrow white beds; after which flowers come small heads, some naked and rugged like a Pine-Apple.

*Place.*] They grow very common every where; unless you turn your head into a hedge, you cannot but see them as you walk.

*Time.*] They flower in May and June, even till September.

*Government and Virtues.*] This fiery and hot spirited herb Mars is no way fit to be given inwardly, but an ointment the leaves or flowers will draw a blister, and may be so very applied to the nape of the neck to draw back rheum from the eyes. The herb being bruised and mixed with a little mustard, draws a blister as well, and as perfectly, as Cantharides, and with far less danger to the vessels of urine, which Cantharides naturally delight to wrong; I knew the herb once applied to a pestilential rising that was fallen down, and it saved life even beyond hope; it were good to keep an ointment and plaister of it, if it were but for that.

## Cuckow-point.

IT is called Alron, Janus, Barba aron, Calves-foot, Ramp, Starchwort, Cuckow-pintle, Priests-pintle, and Wake Robin.

*Descript.*] This shooteth forth three, four or five leaves at the most, from one root, every one whereof is somewhat large and long, broad at the bottom next the stalk, and forked, but ending in a point, without a cut on the edge, of a fair green colour, each standing upon a thick round stalk, of a hand breadth long, or more, among which, after two or three months that they begin to wither, riseth up a bare, round, whitish green stalk, spotted and streaked with purple, somewhat higher than the leaves: At the top whereof standeth a long hollow husk, close at the bottom, but open from the middle upwards, ending in a point: in the middle whereof stand the small long pestle or clapper, smaller at the bottom than at the top, of a dark purple colour, as the husk is on the inside, though green without; which, after it hath so abided for some time, the husk with the clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of berries, green at the first, and of a yel-

lowish red colour when they are ripe, of the bigneſs of hazel nut kernel, which abideth thereon almoſt until Winter; the root is round, and ſomewhat long, for the moſt part lying along; the leaves ſhooting forth at the largeſt end which, when it beareth his berries, are ſomewhat wrinkled and looſe, another growing under it, which is ſolid and firm, with many ſmall threads hanging thereat. The whole plant is of a very ſharp biting taſte, pricking the tongue as nettles do the hands, and ſo abideth for a great while without alteration. The root thereof was anciently uſed inſtead of ſtarch to ſtarch linen with.

There is another ſort of Cuckow-point, with leſſer leaves than the former, and ſometimes harder, having blackiſh ſpots upon them, which for the moſt part abide longer green in Summer than the former, and both leaves and roots are more ſharp and fierce than it: In all things elſe it is like the former.

*Place.*] Theſe two ſorts grow frequently almoſt under every hedge ſide in many places of this land.

*Time.*] They ſhoot forth leaves in the Spring, and continue but until the middle of Summer, or ſomewhat latter; their huſks appearing before they fall away, and their fruit ſhewing in April.

*Government and Virtues.*] It is under the dominion of Mars. Tragus reporteth, that a dram weight, or more, if need be, of the ſpotted Wake Robin, either freſh and green, or dried, being eaten and taken, is a preſent and ſure remedy for poiſon and the plague. The juice of the herb taken to the quantity of a ſpoonful hath the ſame effect. But if there be a little vinegar added thereto, as well as to the root aforeſaid, it ſomewhat allayeth the ſharp biting taſte thereof upon the tongue. The green leaves bruiſed, and laid upon any boil or plague ſore, doth wonderfully help to draw forth the poiſon: A dram of the powder of the dried root taken with twice ſo much ſugar in the form of a licking electuary, or the green root, doth wonderfully help thoſe that are purſy and ſhortwinded, as alſo thoſe that have a cough; it breaketh, digeſteth, and riddeth away phlegm from the ſtomach, cheſt, and lungs. The milk wherein the root hath been boiled is effectual alſo for the ſame purpoſe.

The ſaid powder, taken in wine or other drink, or the juice of the berries, or the powder of them, or the wine wherein they have been boiled, provoketh urine, and bringeth down womens courſes, and purgeth them effectually after child-bearing, to bring away the after-birth. Taken with ſheeps milk, it healeth the inward ulcers of the bowels. The diſtilled water thereof is effectual to all the purpoſes aforeſaid. A ſpooniful taken at a time healeth the itch; and an ounce or more taken at a time for ſome days together, doth help the ruptures. The leaves, either green or dry, or the juice of them, doth cleanſe all manner of rotten and filthy ulcers, in what part of the body ſoever; and healeth the ſtinking ſores in the noſe, called Polypus. The water wherein the root hath been boiled, dropped into the eyes, cleanſeth them from any film or ſkin, cloud or miſts, which begin to hinder the ſight, and helpeth the watering and redneſs of them, or when, by ſome chance, they become black and blue. The root mixed with bean-flour, and applied to the throat or jaws that are inflamed, helpeth them. The juice of the berries boiled in oil of roſes, or beaten into powder mixed with the oil, and dropped into the ears, eaſeth pains in them. The berries, or the roots beaten with hot ox-dung, and applied, eaſeth the pains of the gout. The leaves and roots boiled in wine with a little oil, and applied to the piles, or the falling down of the fundament, eaſeth them, and ſo doth ſitting over the hot fumes thereof. The freſh roots bruiſed and diſtilled with a little milk, yieldeth a moſt ſovereign water to cleanſe the ſkin from ſcurf, freckles, ſpots, or blemiſhes whatſoever therein.

Authors have left large commendations of this herb you ſee, but for my part, I have neither ſpoken with Dr Reaſon nor Dr Experience about it.

## Cucumbers.

*Government and Virtues.*] THERE is no diſpute to be made, but that they are under the dominion of the Moon, tho' they are ſo much cried out againſt for their coldneſs, and if they were but one degree colder they would be poiſon. The beſt of Galeniſts hold them to be cold and moiſt in the ſecond degree, and then not ſo hot as either lettuce or purſlain: They are excellent good for a

hot ſtomach, and hot liver; the unmeaſurable uſe of them fills the body full of raw humours, and ſo indeed the unmeaſurable uſe of any thing elſe doth harm. The face being waſhed with their juice, cleanſeth the ſkin, and is excellent good for hot rheums in the eyes; the ſeed is excellent good to provoke urine, and cleanſeth the paſſages thereof when they are ſtopped; there is not a better remedy for ulcers in the bladder growing, than Cucumbers are. The uſual courſe is, to uſe the ſeeds in emulſions, as they make almond milk; but a far better way (in my opinion) is this: When the ſeaſon of the year is, Take the Cucumbers and bruiſe them well, and diſtil the water from them, and let ſuch as are troubled with ulcers in the bladder drink no other drink. The face being waſhed with the ſame water, cureth the reddeſt face that is; it is alſo excellent good for ſun-burning, freckles, and morphew.

## Daisies.

THESE are ſo well known almoſt to every child, that I ſuppoſe it needleſs to write any deſcription of them. Take therefore the virtues of them as followeth.

*Government and Virtues:*] The herb is under the ſign Cancer, and under the dominion of Venus, and therefore excellent good for wounds in the breaſt, and very fitting to be kept both in oils, ointments and plaiſters, as alſo in ſyrup. The greater wild Daiſey is a wound herb of good reſpect, often uſed in thoſe drinks or ſalves that are for wounds, either inward or outward. The juice or diſtilled water of theſe, or the ſmall Daiſey, doth much temper the heat of choler, and refreſh the liver, and the other inward parts. A decoction made of them, and drank, helpeth to cure the wounds made in the hollowneſs of the breaſt. The ſame alſo cureth all ulcers and puſtules in the mouth or tongue, or in the ſecret parts. The leaves bruiſed and applied to the cods, or to any other parts that are ſwoln and hot, doth diſſolve it, and temper the heat. A decoction made thereof, of wallwort and agrimony, and the places fomented or bathed therewith warm, giveth great eaſe to them that are troubled with the palſy, ſciatica, or the gout. The ſame alſo diſperſeth and diſſolveth the knots or kernels that grow in the fleſh of any part of the body, and bruiſes and

hurts that come of falls and blows; they are also used for ruptures, and other inward burnings, with very good success. An ointment made thereof doth wonderfully help all wounds that have inflammations about them, or by reason of moist humours having access unto them, are kept long from healing, and such are those, for the most part, that happen to joints of the arms or legs. The juice of them dropped into the running eyes of any, doth much help them.

DANDELION, *vulgarly called* PISS-A-BEDS.

*Descript.*] IT is well known to have many long and deep gashed leaves, lying on the ground round about the head of the roots; the ends of each gash or jag, on both sides looking downwards towards the roots; the middle rib being white, which being broken, yieldeth abundance of bitter milk, but the root much more; from among the leaves, which always abide green, arise many slender, weak, naked foot-stalks, every one of them bearing at the top one large yellow flower, consisting of many rows of yellow leaves, broad at the points, and nicked in with deep spots of yellow in the middle, which growing ripe, the green husk wherein the flowers stood turns itself down to the stalk, and the head of down becomes as round as a ball; with long reddish seed underneath, bearing a part of the down on the head of every one, which together is blown away with the wind, or may be at once blown away with one's mouth. The root growing downwards exceeding deep, which being broken off within the ground, will yet shoot forth again, and will hardly be destroyed where it hath once taken deep root in the ground.

*Place.*] It groweth frequently in all meadows and pasture-grounds.

*Time.*] It flowereth in one place or other almost all the year long.

*Government and Virtues.*] It is under the dominion of Jupiter. It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall and spleen, and the diseases that arise from them, as the jaundice and hypochondriac; it openeth the passages of the urine both in young and old; powerfully cleanseth impostumes and inward ulcers in the urinary passage, and by its drying and

temperate quality doth afterwards heal them; for which purpose the decoction of the roots or leaves in white wine, or the leaves chopped as pot herbs, with a few alisanders, and boiled in their broth, are very effectual. And whoever is drawing towards a consumption or an evil disposition of the whole body, called Cachexia, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure rest and sleep to bodies distempered by the heat of ague fits, or otherwise: The distilled water is effectual to drink in pestilential fevers, and to wash the sores.

You see here what virtues this common herb hath, and that is the reason the French and Dutch so often eat them in the Spring: and now, if you look a little further, you may see plainly without a pair of spectacles, that foreign physicians are not so selfish as ours are, but more communicative of the virtues of plants to people.

## DARNEL.

IT is called Jum and Wray; in Suffex they call it Crop, it being a peftilent enemy among corn.

*Defcript.*] This hath all the winter long, fundry long, flat and rough leaves, which, when the ſtalk riſeth, which is ſlender and jointed, are narrower, but rough ſtill; on the top groweth a long ſpike, compoſed of many heads, ſet one above another, containing two or three huſks, with ſharp but ſhort beards of awns at the end; the ſeed is eaſily ſhaked out of the ear, the huſk itſelf being ſomewhat rough.

*Place.*] The country huſbandmen do know this too well to grow among their corn, or in the borders and pathways of the other fields that are fallow.

*Government and Virtues.*] It is a malicious plant of ſullen Saturn. As it is not without ſome vices, ſo hath it alſo many virtues. The meal of Darnel is very good to ſtay gangrenes, and other ſuch like fretting and eating cankers, and putrid ſores: It alſo cleanſeth the ſkin of all leproſies, morphews, ringworms, and the like, if it be uſed with ſalt and reddiſh roots. And being uſed with quick brimſtone and vinegar, it diſſolveth knots and kernels, and breaketh thoſe that are hard to be diſſolved, being boiled in wine with pigeon's dung and linſeed; A decoction thereof made with water and honey, and the places bathed therewith, is profitable for the ſciatica.

Darnel meal applied in a poultice draweth forth splinters and broken bones in the flesh. The red Darnel, boiled in red wine and taken, stayeth the lask and all other fluxes, and women's bloody issues; and restraineth urine that passeth away too suddenly.

## DILL.

*Descript.* ] THE common Dill groweth up with seldom more than one stalk, neither so high, nor so great usually as Fennel, being round and fewer joints thereon, whose leaves are sadder, and somewhat long, and so like Fennel that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasant scent: The tops of the stalks have four branches, and smaller umbels of yellow flowers, which turn into small seed, somewhat flatter and thinner than Fennel seed. The root is somewhat small and woody, perisheth every year after it hath borne seed; and is also unprofitable, being never put to any use.

*Place.* ] It is most usually sown in gardens and grounds for the purpose, and is also found wild in many places.

*Government and Virtues.* ] Mercury hath the dominion of this plant, and therefore to be sure it strengthens the brain. The Dill being boiled and drank, is good to ease swellings and pains; it also stayeth the belly and stomach from casting. The decoction thereof helpeth women that are troubled with the pains and windiness of the mother, if they sit therein. It stayeth the hiccough, being boiled in wine, and but smelled unto, being tied in a cloth. The seed is of more use than the leaves, and more effectual to digest raw and viscous humours, and is used in medicines that serve to expel wind and the pains proceeding therefrom. The seed, being roasted or fried, and used in oils or plaisters, dissolve the imposthumes in the fundament; and drieth up all moist ulcers, especially in the fundament; an oil made of Dill is effectual to warm, or dissolve humours and imposthumes, to ease pains, and to procure rest. The decoction of Dill, be it herb or seed (only if you boil the seed you must bruise it) in white wine, being drank, it is a gallant expeller of wind, and provoker of the terms.

## Devil's Bit.

*Descript.*] THIS rises up with a round green smooth stalk, about two feet high, set with divers long and somewhat narrow, smooth, dark green leaves, somewhat nip'd about the edges, for the most part, being else all whole, and not divided at all, or but very seldom, even to the tops of the branches, which yet are smaller than those below, with one rib only in the middle. At the end of each branch standeth a round head of many flowers set together in the same manner, or more neatly than Scabious, and of a more bluish purple colour, which being past there followeth seed that falleth away. The root is somewhat thick, but short and blackish, with many strings, abiding after seed time many years. This root was longer, until the devil (as the friars say) bit away the rest of it for spite, envying its usefulness to mankind; for sure he was not troubled with any disease for which it is proper.

There are two other sorts hereof, in nothing unlike the former; save that the one beareth white, and the other bluish coloured flowers.

*Place.*] The first groweth as well in dry meadows and fields as moist, in many places of this land: But the other two are more rare, and hard to be met with, yet they are both found growing wild about Appledore, near Rye in Kent.

*Time.*] They flower commonly until August.

*Government and Virtues.*] The plant is venereal, pleasing and harmless. The herb or the root (all that the devil hath left of it) being boiled in wine, and drank, is very powerful against the plague, and all pestilential diseases or fevers, poisons also, and the bitings of venomous beasts: It helpeth also those that are inwardly bruised by any casualty, or outwardly by falls or blows, dissolving the clotted blood; and the herb or root beaten and outwardly applied, taketh away the black and blue marks that remain in the skin. The decoction of the herb, with honey of roses put thereto, is very effectual to help the inveterate tumours and swellings of the almonds and throat, by often gargling the mouth therewith. It helpeth also to procure women's courses, and easeth all pains of the mother, and to break and discuss wind therein, and in the bowels. The powder of the root taken in drink, driveth

forth the worms in the body. The juice, or diſtilled water of the herb, is effectual for green wounds, an old ſore, and cleanſeth the body inwardly, and the ſeed outwardly from ſores, ſcurf, itch, pimples, freckles, morphew, or other deformities thereof, eſpecially if a little vitriol be diſſolved therein.

## Dock.

MANY kinds of theſe are ſo well known, that I ſhall not trouble you with a deſcription of them: My book grows big too faſt.

*Government and Virtues.*] All Docks are under Jupiter, of which the Red Dock, which is commonly called Blood-wort, cleanſeth the blood, and ſtrengthens the liver; but the yellow Dock-root is beſt to be taken when either the blood or liver is affected by choler. All of them have a kind of cooling (but not all alike) drying quality, the ſorrel being moſt cold, and the blood-wort moſt drying. Of the Burdock I have ſpoken already by itſelf. The ſeed of moſt of the other kinds, whether the gardens or fields, do ſtay laſks and fluxes of all ſorts, the loathing of the ſtomach through choler, and is helpful for thoſe that ſpit blood. The roots boiled in vinegar helpeth the itch, ſcabs, and breaking out of the ſkin, if it be bathed therewith. The diſtilled water of the herb and roots have the ſame virtue, and cleanſeth the ſkin from freckles, morphews, and all other ſpots, and diſcolourings thereof.

All Docks being boiled with meat, make it boil the ſooner: Beſides, Blood-wort is exceeding ſtrengthening to the liver, and procures good blood, being as wholeſome a pot-herb as any grows in a garden; yet ſuch is the nicety of our times (forſooth) that women will not put it into a pot, becauſe it makes the pottage black; pride and ignorance (a couple of monſters in the creation) preferring nicety before health.

## Dodder of Thyme, Epithymum, and other Dodders.

*Deſcript.*] THIS firſt from ſeed giveth roots in the ground, which ſhooteth forth threads or ſtrings, groſſer or finer, as the property of the plant wherein it groweth, and the climate doth ſuffer, creeping and ſpreading on that plant whereon it falleneth, be it high or low. The

ſtrings have no leaves at all upon them, but wind and interlace themſelves, ſo thick upon a ſmall plant, that it taketh away all comfort of the ſun from it; and is ready to choak or ſtrangle it. After theſe ſtrings are riſen up to that height, that they may draw nourishment from that plant, they ſeem to be broken off from the ground, either by the ſtrength of their riſing, or withered by the heat of the ſun. Upon theſe ſtrings are found cluſters of ſmall heads or huſks, out of which ſhoot forth whitiſh flowers, which afterwards give ſmall pale coloured ſeed, ſomewhat flat, and twice as big as a Poppy-ſeed. It generally participates of the nature of the plant which it climbeth upon; but the Dodder of Thyme is accounted the beſt, and is the only true Epithymum.

*Government and Virtues.*] All Dodders are under Saturn. Tell not me of phyſicians crying up Epithymum, or that Dodder which grows upon Thyme, (moſt of which comes from Hemetius in Greece, or Hybla in Sicily, becauſe thoſe mountains abound with Thyme) he is a phyſician indeed, that hath wit enough to chooſe his Dodder, according to the nature of the diſeaſe and humour peccant. We confeſs, Thyme is the hoteſt herb it uſually grows upon; and therefore that which grows upon Thyme, is hotter than that which grows upon colder herbs; for it draws nouriſhment from what it grows upon, as well as from the earth where its root is, and thus you ſee old Saturn is wiſe enough to have two ſtrings to his bow. This is accounted the moſt effectual for melancholy diſeaſes, and to purge black or burnt choler, which is the cauſe of many diſeaſes of the head and brain, as alſo for the trembling of the heart, faintings, and ſwoonings. It is helpful in all diſeaſes and griefs of the ſpleen, and melancholy that ariſes from the windineſs of the hypochondria. It purgeth alſo the reins or kidneys by urine; it openeth obſtructions of the gall, whereby it profiteth them that have the jaundice; as alſo the leaves, the ſpleen. Purging the veins of the choleric and phlegmatic humours, and helpeth children in agues, a little worm ſeed being put thereto.

The other Dodders do (as I ſaid before) participate of the nature of thoſe plants whereon they grow: As that which hath been found growing upon nettles in the weſt-country, hath by experience been found very effectual to procure

plenty of urine, where it hath been stopped or hindered. And so of the rest.

Sympathy and antipathy are two hinges upon which the whole model of physic turns; and that physician which minds them not, is like a door off from the hooks, more like to do a man mischief than to secure him. Then all the diseases Saturn causeth, this helps by sympathy, and strengthens all the parts of the body he rules; such as be caused by Sol, it helps by antipathy. What those diseases are, see my judgment of diseases by astrology; and if you be pleased to look the herb Wormwood, you shall find a rational way for it.

## Dog's-Grass, or Cough-Grass.

*Descript.*] IT is well known, that the Grass creepeth far about under ground, with long white jointed roots, and small fibres almost at every joint, very sweet in taste, as the rest of the herb is, and interlacing one another, from whence shoot forth many fair grassy leaves, small at the ends, and cutting or sharp on the edges. The stalks are jointed like corn, with the like leaves on them, and a large spiked head, with a long husk in them, and hard rough seed in them. If you know it not by this description, watch the dogs when they are sick, and they will quickly lead you to it.

*Place.*] It groweth commonly through this land, in divers ploughed grounds, to the no small trouble of the husbandmen, as also of the gardeners, in gardens, to weed it out, if they can; for it is a constant customer to the place it gets footing in.

*Government and Virtues.*] 'Tis under the dominion of Jupiter, and is most medicinable of all the Quick grasses. Being boiled and drank, it openeth obstructions of the liver and gall, and the stopping of urine, and easeth the griping pains of the belly, and inflammations; wasteth the matter of the stone in the bladder, and the ulcers thereof also. The roots bruised and applied do consolidate wounds. The seed doth more powerfully expel urine, and stayeth the hask and vomiting. The distilled water alone, or with a little worm-seed, killeth the worms in children.

The way of use is to bruise the roots, and having well boiled them in white wine, drink the decoction: 'Tis opening, but not purging, very safe: 'Tis a remedy against all diseases coming of stopping, and such are half those that are

incident to the body of man; and although a gardener be of another opinion, yet a physician holds half an acre of them to be worth five acres of Carrots twice told over.

## Doves-Foot, or Cranes-Bill.

*Descript.* THIS hath divers small, round, pale-green leaves, cut in about the edges, much like mallows, standing upon long, reddish, hairy stalks, lying in a round compass upon the ground, among which rise up two, or three, or more reddish jointed, slender, weak, hairy stalks with such like leaves thereon, but smaller, and more cut in up to the tops, where grow many very small bright red flowers of five leaves a piece; after which follow small heads, with small short beaks pointed forth, as all other sorts of those herbs do.

*Place.* It groweth in pasture grounds, and by the path-sides in many places, and will also be in gardens.

*Time.* It flowereth in June, July, and August, some earlier and some latter; and the seed is ripe quickly after.

*Government and Virtues.* It is a very gentle, though martial plant. It is found by experience to be singular good for the wind colic, as also to expel the stone and gravel in the kidneys. The decoction thereof in wine, is an excellent good cure for those that have inward wounds, hurts, or, bruises, both to stay the bleeding, to dissolve and expel the congealed blood, and to heal the parts, as also to cleanse and heal outward sores, ulcers, and fistulas; and for green wounds many do only bruise the herb, and apply it to the place, and it healeth them quickly. The same decoction in wine fomented to any place pained with the gout, or to joint-achs, or pain of the sinews, giveth much ease. The powder or decoction of the herb taken for some time together, is found by experience to be singular good for ruptures and burstings in people, either young or old.

## Bucks Meat.

THIS is so well known to swim on the top of standing waters, as ponds, pools, and ditches, that it is needless further to describe it.

*Government and Virtues.* Cancer claims the herb, and the Moon will be Lady of it; a word is enough to a wise man. It is effectual to help inflammations, and St Anthony's

fire, as also the gout, either applied by itself, or in a poultice with barley meal. The distilled water by some is highly esteemed against all inward inflammations and pestilent fevers; as also to help the redness of the eyes, and swellings of the cods, and of the breasts before they be grown too much. The fresh herbs applied to the forehead, easeth the pains of the head ach coming of heat.

## Down, or Cotton Thistle.

*Descript.*] THIS hath large leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy wool, or Cotton Down, set with most sharp and cruel pricks, from the middle of whose heads of flowers, thrust forth many purplish crimson threads, and sometimes (altho' very seldom) white ones. The seed that followeth in the heads, lying in a great deal of white down, is somewhat large, long and round, like the seed of ladies thistle but somewhat paler. The root is great and thick, spreading much, yet it usually dieth after seed time.

*Place.*] It groweth in divers ditches, banks, and in corn fields and highways, generally every where throughout the land.

*Time.*] It flowereth and beareth seed about the end of Summer, when other thistles do flower and seed.

*Government and Virtues.*] Mars owns the plant, and manifests to the world, that tho' it may hurt your finger, it will help your body; for I fancy it much for the ensuing virtues. Pliny and Dioscorides write, That the leaves and roots thereof taken in drink, help those that have a crick in their neck; whereby they cannot turn their neck, but their whole body must turn also (sure they do not mean those that have got a crick in their neck by being under the hangman's hand.) Galen saith, that the root and leaves hereof are of a heating quality, and good for such persons as have their bodies drawn together by some spasm or convulsions, as it is with children that have the rickets, or rather (as the college of physicians will have it) the Rachites, for which name of the disease they have (in a particular treatise lately set forth by them) learnedly disputed and put forth to publick view,

ıe world may see they have took much pains to little
ıse.

DRAGONS.

HEY are so well known to every one that plants them
in their gardens, they need no description; if not,
em look down to the lower end of the stalks, and see
ike a snake they look.

*vernment and Virtues.*] The plant is under the domi-
of Mars, and therefore it would be a wonder if it
l want some obnoxious quality or other; in all herbs
it quality, the safest way is either to distil the herb in
mbick, in what vehicle you please, or else to press out
ice, and distil that in a glass still in sand. It scoureth
leanseth the internal parts of the body mightily, and it
ith the external parts also, being externally applied,
freckles, morphew, and sun-burning: Your best way
e it externally, is to mix it with vinegar; an ointment
is held to be good in wounds and ulcers; it consumes
rs, and that flesh growing in the nostrils, which they
'olypus: Also the distilled water being dropped into
es, taketh away spots there, or the pin and web, and
the dimness of sight; it is excellent good against
nce and poison. Pliny and Dioscorides affirm, that no
it will meddle with him that carries this herb about him.

The ELDER-TREE.

old it needless to write any description of this, since
ery boy that plays with a pot gun will not mistake a-
r tree instead of Elder. I shall therefore in this place
escribe the Dwarf-Elder, called also Dead-wort, and
wort.

The DWARF-ELDER.

*ipt.*] THIS is but an herb every year, dying with
his stalks to the ground, and rising fresh
Spring, and is like unto the Elder both in form and
rising up with a square rough hairy stalk, four feet
or more sometimes. The winged leaves are somewhat
er than the Elder, but else like them. The flowers
ite with a dash of purple, standing in umbels, very
e elder also, but more sweet in scent; after which
mall blackish berries full of juice while they are fresh,

wherein is ſmall hard kernels, or ſeed. The root doth creep under the upper cruſt of the ground, ſpringing in divers places; being of the bigneſs of one's finger or thumb ſometimes.

*Place.*] The Elder-tree groweth in hedges, being planted there to ſtrengthen the fences and partitions of ground, and to hold the banks by ditches and water-courſes.

The Dwarf Elder growing wild in many places of England, where being once gotten into a ground, it is not eaſily gotten forth again.

*Time.*] Moſt of the Elder Trees flower in June, and their fruit is ripe for the moſt part in Auguſt. But the Dwarf Elder, or Wall-wort, flowereth ſomewhat later, and his fruit is not ripe until September.

*Government and Virtues.*] Both Elder and Dwarf Tree are under the dominion of Venus. The firſt ſhoots of the common Elder boiled like Aſparagus, and the young leaves and ſtalks boiled in fat broth, doth mightily carry forth phlegm and choler. The middle or inward bark boiled in water, and given in drink, worketh much more violently; and the berries, either green or dry, expel the ſame humour, and are often given with good ſucceſs to help the dropſy; the bark of the root boiled in wine, or the juice thereof drank worketh the ſame effects but more powerfully than either the leaves or fruit. The juice of the root taken, doth mightily procure vomitings, and purgeth the watery humours of the dropſy. The decoction of the root taken, cureth the bitings of an adder, and biting of mad dogs. It mollifieth the hardneſs of the mother, if women ſit thereon, and openeth their veins and bringeth down their courſes: The berries boiled in wine performeth the ſame effect; and the hair of the head waſhed therewith, is made black. The juice of the green leaves applied to the hot inflammations of the eyes aſſuageth them; the juice of the leaves ſnuffed up into the noſtrils, purgeth the tunicles of the brain; the juice of the berries boiled with honey, and dropped into the ears, helpeth the pains of them; the decoction of the berries in wine being drank provoketh urine: the diſtilled water of the flowers, is of much uſe to clean the ſkin from ſun burning, freckles, morphew, or the like; and taketh away the head-ach, coming of a cold cauſe, the head being

bathed therewith. The leaves or flowers diſtilled in the month of May, and the legs often waſhed with the ſaid diſtilled water, it taketh away the ulcers and ſores of them. The eyes waſhed therewith, it taketh away the redneſs and blood-ſhot; and the hands waſhed morning and evening therewith, helpeth the palſy and ſhaking of them.

The Dwarf Elder is more powerful than the common Elder in opening and purging choler, phlegm, and water; in helping the gout, piles, and womens diſeaſes, coloureth the hair black, helpeth the inflammations of the eyes, and pains in the ears, the biting of ſerpents, or mad dogs, burnings and ſcaldings, the wind colick, colick and ſtone, the difficulty of urine, the cure of old ſores, and fiſtulous ulcers. Either leaves or bark of Elder ſtripped upwards as you gather it, cauſeth vomiting. Alſo Dr Butler in a manuſcript of his commends Dwarf Elder to the ſky for dropſies, viz. to drink it being boiled in white wine; to drink the decoction I mean, not the Elder.

## The Elm-Tree.

THIS tree is ſo well known, growing generally in all counties of this land, that it is needleſs to deſcribe it.

*Government and Virtues.* It is a cold and Saturnine plant. The leaves thereof bruiſed and applied heal green wounds, being bound thereon with its own bark. The leaves or the bark uſed with vinegar, cureth ſcurf and leproſy very effectually: The decoction of the leaves, bark, or root, being bathed, heals broken bones. The water that is found in the bladders on the leaves, while it is freſh, is very effectual to cleanſe the ſkin, and make it fair; and if cloths be often wet therein, and applied to the ruptures of children, it heaeth them, if they be well bound up with a truſs. The fluid water put into a glaſs, and ſet into the ground, or elſe in dung for twenty five days, the mouth thereof being cloſe ſtopped, and the bottom ſet upon a lay of ordinary felt, that the feeces may ſettle and water become clear, is a ſingular and ſovereign balm for green wounds, being uſed with ſoft tents: The decoction of the bark of the root fomented, mollifieth hard tumours, and the ſhrinking of the ſinews. The roots of the Elm boiled for a long time in water, and the fat ariſing on the top thereof, being clean

ſcummed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly reſtore them again. The ſaid bark ground with brine and pickle, until it come to the form of a poultice, and laid on the place pained with the gout, giveth great eaſe. The decoction of the bark in water, is excellent to bathe ſuch places as have been burnt with fire.

## Endive.

*Deſcript.*] Common garden Endive beareth a longer and larger leaf than ſuccory, and abideth but one year, quickly running up to ſtalk and ſeed, and then periſheth; it hath blue flowers, and the ſeed of the ordinary Endive is ſo like ſuccory ſeed, that it is hard to diſtinguiſh them.

*Government and Virtues.*] It is a fine cooling, cleanſing, jovial plant. The decoction of the leaves or the juice, or the diſtilled water of Endive, ſerveth well to cool the exceſſive heat of the liver and ſtomach, and in the hot fits of agues, and all other inflammations in any part of the body; it cooleth the heat and ſharpneſs of the urine, and excoriations in the urinary parts. The ſeeds are of the ſame properay, or rather more powerful; and beſides are available for fainting, ſwoonings, and paſſions of the heart. Outwardly applied, they ſerve to temper the ſharp humours of fretting ulcers, hot tumours, ſwellings, and peſtilential ſores; and wonderfully help not only the redneſs and inflammations of the eyes, but the dimneſs of the ſight alſo; they are alſo uſed to allay the pains of the gout. You cannot uſe it amiſs; a ſyrup of it is a fine cooling medicine for fevers. See the end of this book, and the *Engliſh Diſpenſatory*.

## Elecampane.

*Deſcript.*] It ſhooteth forth many large leaves, long and broad, lying near the ground, ſmall at both ends, ſomewhat ſoft in handling, of a whitiſh green on the upper ſide and grey underneath, each ſet upon a ſhort foot-ſtalk, from among which ariſe up divers great and ſtrong hairy ſtalks, three or four feet high, with ſome leaves thereupon compaſſing them about at the lower end, and are branched towards the tops, bearing divers great and large flowers,

like those of the corn marigold, both the border of leaves, and the middle thrum being yellow, which turn into down, with long, small, brownish seeds among it, and is carried away with the wind. The root is great and thick, branched forth divers ways, blackish on the outside and whitish within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the plant having any smell.

*Place.*] It groweth in moist grounds and shadowy places oftener than in the dry and open borders of fields and lanes, and in other waste places, almost in every county of this land.

*Time.*] It flowereth in the end of June and July, and the seed is ripe in August. The roots are gathered for use, as well in the Spring before the leaves come forth, as in Autumn or Winter.

*Government and Virtues.*] It is a plant under the dominion of Mercury. The fresh roots of Elecampane preserved with sugar, or made into a syrup or conserve, are very effectual to warm a cold windy stomach, or the pricking therein, and stitches in the sides caused by the spleen; and to help the cough, shortness of breath, and wheezing in the lungs. The dried root made into powder, and mixed with sugar and taken, serveth to the same purpose, and is also profitable for those who have their urine stopped, or the stopping of women's courses, the pains of the mother and of the stone in the reins kidneys, or bladder; it resisteth poison, and stayeth the spreading of the venom of serpents, as also putrid and pestilential fevers, and the plague itself. The roots and herbs beaten, and put into new ale or beer, and daily drank, cleareth, strengtheneth, and quickeneth the sight of the eyes wonderfully. The decoction of the roots in wine, or the juice taken therein, killeth and driveth forth all manner of worms in the belly, stomach, and maw: and gargled in the mouth, or the root chewed, fastneth loose teeth, and helps to keep them from putrefaction; and being drank is good for those that spit blood, helpeth to remove cramps or convulsions, gout, sciatica, pains in the joints applied outwardly or inwardly and is also good for those that are bursten, or have any inward bruise. The root

boiled well in vinegar, beaten afterwards, and made into an ointment with hog's ſuet, or oil of trotters, is an excellent remedy for ſcabs or itch in young or old; the places alſo bathed or waſhed with the decoction doth the ſame; it alſo helpeth all ſorts of filthy, old, putrid ſores or cankers whatſoever. In the roots of this herb lieth the chief effect for the remedies aforeſaid. The diſtilled water of the leaves and roots together, is very profitable to cleanſe the ſkin of the face, or other parts, from any morphew, ſpots, or blemiſhes therein, and make it clear.

## Eringo or Sea Holly.

*Deſcript.* THE firſt leaves of our ordinary Sea Holly are nothing ſo hard and prickly as when they grow old, being almoſt round, and deeply dented about the edges, hard and ſharp pointed, and a little crumpled, of a bluiſh green colour, every one upon a long foot-ſtalk; but thoſe that grow up higher with the ſtalk, do as it were compaſs it about. The ſtalk itſelf is round and ſtrong, yet ſomewhat creſted with joints, and leaves ſet thereat, but more divided, ſharp and prickly; and branches riſing from thence, which have likewiſe other ſmall branches, each of them having ſeveral bluiſh round prickly heads with many ſmall, jagged, prickly leaves under them ſtanding like a ſtar, and ſometimes found greeniſh or whitiſh. The root groweth wonderful long, even to eight or ten feet in length, ſet with rings and circles toward the upper part, cut ſmooth and without joints down lower, browniſh on the outſide, and very white within, with a pith in the middle, of a pleaſant taſte, but much more, being artificially preſerved, and candied with ſugar.

*Place.* It is found about the ſea coaſt in almoſt every county of this land which bordereth upon the ſea.

*Time.* It flowereth in the end of Summer, and giveth ripe ſeed within a month after.

*Government and Virtues.* The plant is venereal, and breedeth ſeed exceedingly, and ſtrengthens the ſpirit procreative; it is hot and moiſt, and under the celeſtial Balance. The decoction of the root hereof in wine, is very effectual to open obſtructions of the ſpleen and liver, and helpeth yellow jaundice, dropſy, pains of the loins, and wind

colick, provoketh urine, and expelleth the ſtone, procureth womens courſes. The continued uſe of the decoction for fifteen days, taken faſting, and next to bedward, doth help the ſtranguary, the piſſing by drops, the ſtopping of urine, and ſtone, and all defects of the reins and kidneys; and if the ſaid drink be continued longer, it is ſaid that it cureth the ſtone; it is found good againſt the French pox. The roots bruiſed and applied outwardly, helpeth the kernels of the throat, commonly called the king's evil; or taken inwardly, and applied to the place ſtung or bitten by any ſerpent, healeth it ſpeedily. If the roots be bruiſed, and boiled in old hog's greaſe, or ſalted lard, and applied to broken bones, thorns, &c. remaining in the fleſh, they do not only draw them forth, but heal up the place again, gathering new fleſh where it was conſumed. The juice of the leaves dropped into the ear, helpeth impoſthumes therein. The diſtilled water of the whole herb, when the leaves and ſtalks are young, is profitably drank for all the purpoſes aforeſaid; and helpeth the melancholy of the heart, and is available in *quartan* and quotidian agues; as alſo for them that have their necks drawn awry, and cannot turn them without turning their whole body.

## EYEBRIGHT.

*Deſcript.* COMMON Eyebright is a ſmall low herb, riſing up uſually but with one blackiſh green ſtalk a ſpan high, or not much more, ſpread from the bottom into ſundry branches, whereon are ſmall and almoſt round, yet pointed, dark green leaves finely ſnipped about the edges, two always ſet together, and very thick: At the joints with the leaves, from the middle upward, come forth ſmall white flowers, ſteeped with purple or yellow ſpots, or ſtripes; after which follow ſmall round heads, with very ſmall ſeed therein. The root is long, ſmall, and thready at the end.

*Place.* It groweth in meadows and graſſy places in this land.

*Government and Virtues.* It is under the ſign of the Lion, and Sol claims dominion over it. If the herb was but as much uſed as it is neglected, it would half ſpoil the ſpectacle maker's trade; and a man would think, that reaſon ſhould teach people to prefer the preſervation of their natural

be for artificial spectacles; which that they may be instructed how to do, take the virtues of Eyebright as followeth:

The juice, or distilled water of Eyebright, taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helpeth all infirmities of the eyes, that cause dimness of sight. Some make conserve of the flowers, to the same effect. Being used any of the ways, it also helpeth a weak brain, or memory. This tunned up with strong beer that it may work together, and drank; or the powder of the dried herb mixed with sugar, a little mace, and Fennel seed, and drank, or eaten in broth; or the said powder made into an electuary with sugar, and taken, hath the same powerful effect to help and restore the sight decayed through age; and Arnoldus de Villa Nova saith, it hath restored sight to them that have been blind a long time before.

## FERN.

*Descript.*] OF this there are two kinds principally to be treated of, *viz.* the Male and Female. The Female groweth higher than the Male, but the leaves thereof are lesser, and more divided or demed, and of as strong a smell as the male; the virtue of them are both alike, and therefore I shall not trouble you with any description or distinction of them.

*Place.*] They grow both in heaths and shady places near the hedge-sides in all counties of this land.

*Time.*] They flower and give their seed at Midsummer.

The Female Fern is that plant which is in Sussex called Brakes, the seed of which some authors hold to be so rare: Such a thing there is I know, and may be easily had upon Midsummer Eve, and for aught I know, two or three days after it, if not more.

*Government and Virtues.*] It is under the dominion of Mercury, both Male and Female. The roots of both those sorts of Fern being bruised and boiled in mead, or honeyed water and drank, killeth both the bread and long worms in the body, and abateth the swelling and hardness of the spleen. The green leaves eaten, purge the belly and cholerick and waterish humours that trouble the stomach. They are dangerous for women with child to meddle with, by reason they cause abortions. The roots bruised and boiled in oil, or hog's

greaſe, make a very profitable ointment to heal wounds, or pricks gotten in the fleſh. The powder of them uſed in foul ulcers, drieth up their malignant moiſture, and cauſeth their ſpeedier healing. Fern being burned, the ſmoak thereof driveth away ſerpents, gnats, and other noiſome creatures, which in ſunny countries do, in the night time, trouble and moleſt people lying in their beds with their faces uncovered; it cauſeth batrenneſs.

OSMOND ROYAL, or WATER FERN.

*Deſcript.* ] THIS ſhooteth forth in ſpring time (for in the Winter the leaves periſh) divers rough hard ſtalks, half round, and yellowiſh, or flat on the other ſide, two feet high, having divers branches of winged yellowiſh green leaves on all ſides, ſet one againſt another, longer, narrower, and not nicked on the edges as the former. From the top of ſome of theſe ſtalks grow forth a long buſh of ſmall, and more yellow, green, ſcaly aglets, ſet in the ſame manner on the ſtalks as the leaves are, which are accounted the flowers and ſeeds. The root is rough, thick and ſcabby, with a white pith in the middle, which is called the heart thereof.

*Place.* ] It groweth on moors, bogs, and watery places, in many parts of this land.

*Time.* ] It is green all the ſummer, and the root only abideth in winter.

*Government and Virtues.* ] Saturn owns the plant. This hath all the virtues mentioned in the former Ferns, and is much more effectual than they, both for inward and outward griefs, and is accounted ſingular good in wounds, bruiſes, or the like. The decoction to be drank, or boiled into an ointment of oil, as a balſam or balm, and ſo it is ſingular good againſt bruiſes, and bones broken, or out of joint, and giveth much eaſe to the colic and ſplenetic diſeaſes, as alſo for ruptures or burſtings. The decoction of the root in white wine, provokes urine exceedingly, and cleanſeth the bladder and paſſages of urine.

FEVERFEW, or FEATHERFEW.

*Deſcript.* ] COMMON Featherfew hath large, freſh, green leaves, much torn or cut on the edges. The ſtalks are hard and round, ſet with many ſuch like

leaves, but smaller, and at the tops stand many single flowers, upon small foot stalks, consisting of many small white leaves standing round about a yellow thrum in the middle. The root is somewhat hard and short, with many strong fibres about it. The scent of the whole plant is very strong and stuffing, and the taste is very bitter.

*Place.*] This grows wild in many places of the land, but is for the most part nourished in gardens.

*Time.*] It flowereth in the months of June and July.

*Government and Virtues.*] Venus commands this herb, and hath commended it to succour her sisters (women) and to be a general strengthener of their wombs, and remedy such infirmities as a careless midwife hath there caused; if they will but be pleased to make use of her herb boiled in white wine, and drink the decoction; it cleanseth the womb, expels the after-birth, and doth a woman all the good she can desire of an herb. And if any grumble because they cannot get the herb in winter, tell them, if they please, they may make a syrup of it in summer; it is chiefly used for the disease of the mother, whether it be the strangling or rising of the mother, or hardness, or inflammations of the same, applied outwardly thereunto. Or a decoction of the flowers in wine, with a little nutmeg or mace put therein, and drank often in a day, is an approved remedy to bring down womens courses speedily, and helpeth to expel the dead birth and after birth. For a woman to sit over the hot fumes of the decoction of the herb made in water or wine, is effectual for the same; and in some cases, to apply the boiled herb warm to the privy parts. The decoction thereof made, with some sugar or honey put thereto, is used by many with good success to help the cough and stuffing of the chest, by colds, as also to cleanse the reins and bladder, and helps to expel the stone in them. The powder of the herb taken in wine with some Oxymel, purgeth both choler and phlegm, and is available for those that are short winded, and are troubled with melancholy and heaviness, or sadness of spirits. It is very effectual for all pains of the head coming of a cold cause, the herb being bruised and applied to the crown of the head; As also for the vertigo, that is a running or swimming of the head,

The decoction thereof drank warm, and the herb bruised with a few corns of Bay-salt, and applied to the wrists before the coming of the ague fits, doth take them away. The distilled water taketh away freckles, and other spots and deformities in the face. The herb bruised and heated on a tile, with some wine to moisten it, or fried with a little wine and oil in a frying-pan, and applied warm outwardly to the places, helpeth the wind and colic in the lower part of the belly. It is an especial remedy against opium taken too liberally.

## Fennel.

EVERY garden affordeth this so plentifully, that it needs no description.

*Government and Virtues.*] One good old fashion is not yet left off, *viz.* to boil Fennel with fish; for it consumes that phlegmatic humour, which fish most plentifully afford and annoy the body with, though few that use it know wherefore they do it: I suppose the reason of its benefit this way is, because it is an herb of Mercury, and under Virgo, and therefore bears antipathy to Pisces. Fennel is good to break wind, to provoke urine, and ease the pains of the stone, and helps to break it. The leaves or seed boiled in barley water and drank are good for nurses, to increase their milk, and make it more wholesome for the child. The leaves, or rather the seeds, boiled in water, stayeth the hiccough, and taketh away the loathings which oftentimes happen to the stomachs of sick and feverish persons, and allayeth the heat thereof. The seed boiled in wine and drank, is good for those that are bitten with serpents, or have eaten poisonous herbs, or mushrooms. The seed and the roots much more help to open obstructions of the liver, spleen, and gall, and thereby help the painful and windy swellings of the spleen, and the yellow jaundice; as also the gout and cramps. The seed is of good use in medicines to help shortness of breath and wheezing by stopping of the lungs. It helpeth also to bring down the courses, and to cleanse the parts after delivery. The roots are of most use in physic drinks and broths that are taken to cleanse the blood, to open obstructions of the liver, to provoke urine, and amend the ill colour in the face after

ſickneſs, and to cauſe a good habit through the body. Both leaves, ſeeds, and roots thereof are much uſed in drink or broth, to make people more lean that are too fat. The diſtilled water of the whole herb, or the condenſate juice diſſolved, but eſpecially the natural juice, that in ſome countries iſſueth out hereof of its own accord, dropped into the eyes, cleanſeth them from miſts and films that hinder the ſight. The ſweet Fennel is much weaker in phyſical uſes than the common Fennel. The wild Fennel is ſtronger and hotter than the tame, and therefore moſt powerful againſt the ſtone, but not ſo effectual to increaſe milk, becauſe of its dryneſs.

## Sow-Fennel, or Hog's Fennel.

BESIDES the common name in Engliſh, Hog's Fennel, and the Latin name Peucidanum, it is called Hoar-ſtrange, and Hoar-ſtrong Sulphur-wort, and Brimſtone-wort.

*Deſcript.*] The common Sow-Fennel hath divers branched ſtalks of thick and ſomewhat long leaves, three for the moſt part joined together at a place, among which ariſeth a creſted ſtraight ſtalk, leſs than Fennel, with ſome joints thereon, and leaves growing thereat, and towards the top ſome branches iſſuing from thence; likewiſe on the tops of the ſtalks and branches ſtand divers turſs of yellow flowers, whereafter grows ſomewhat flat, thin, and yellowiſh ſeed, bigger than Fennel ſeed. The roots grow great and deep, with many other parts and fibres about them of a ſtrong ſcent like hot brimſtone, and yield forth a yellowiſh milk, or clammy juice, almoſt like a gum.

*Place.*] It groweth plentifully in the ſalt low marches near Feverſham in Kent.

*Time.*] It flowereth plentifully in July and Auguſt.

*Government and Virtues.*] This is alſo an herb of Mercury The juice of Sow-Fennel (ſaith Dioſcorides, and Galen,) uſed with vinegar and roſe water, or the juice with a little euphorbium put to the noſe, helpeth thoſe that are troubled with the lethargy, frenzy, giddineſs of the head, the falling ſickneſs, long and inveterate head-ach, the palſy, ſciatica, and the cramp, and generally all the diſeaſes of the ſinews, uſed with oil and vinegar. The juice diſſolved in wine, or

put into an egg, is good for a cough, or shortness of breath and for those that are troubled with wind in the body. It purgeth the belly gently, expelleth the hardness of the spleen, giveth ease to women that have sore travail in child-birth, and easeth the pains of the reins and bladder, and also the womb. A little of the juice dissolved in wine, and dropped into the ears, easeth much of the pains in them, and put into a hollow teeth easeth the pains thereof. The root is less effectual to all the aforesaid disorders; yet the powder of the root cleanseth foul ulcers, being put into them, and taketh out splinters of broken bones or other things in the flesh, and healeth them up perfectly; as also, drieth up old and inveterate running sores, and is of admirable virtue in all green wounds.

## Fig-wort, or Throat-wort.

*Descript.*] Common great Fig-wort sendeth divers great strong, hard, square, brown stalks, three or four feet high, whereon, grow large, hard, and dark green leaves, two at a joint, harder and larger than Nettle leaves, but not stinging; at the tops of the stalks stand many purple flowers set in husks, which are sometimes gaping and open, somewhat like those of Water Betony; after which come hard round heads, with a small point in the middle, wherein lie small brownish seed. The root is great, white, and thick with many branches at it, growing slope under the upper crust of the ground, which abideth many years, but keepeth not his green leaves in Winter.

*Place.*] It groweth frequently in moist and shadowy woods, and in the lower parts of the fields and meadows.

*Time.*] It flowereth about July, and the seed will be ripe about a month after the flowers are fallen.

*Government and Virtues.*] Some Latin authors call it Cervicaria, because it is appropriated to the neck; and we Throat-wort, because it is appropriated to the throat. Venus owns the herb, and the Celestial Bull will not deny it; therefore a better remedy cannot be for the king's evil, because the Moon that rules the disease is exalted there. The decoction of the herb taken inwardly, and the bruised herb applied outwardly, dissolveth clotted and congealed blood within the body, coming by any wounds,

bruiſe, or fall; and is no leſs effectual for the king's evil, or any other knobs, kernels, bunches, or wens growing in the fleſh whereſoever; and for the hæmorrhoids, or piles. An ointment made hereof may be uſed at all times when the freſh herb is not to be had. The diſtilled water of the whole plant, roots and all, is uſed for the ſame purpoſes, and drieth up the ſuperfluous, virulent moiſture of hollow and corroding ulcers; it taketh away all redneſs, ſpots, and freckles in the face, as alſo the ſcurf, and any foul deformity therein, and the leproſy likewiſe.

FILIPENDULA, or DROP-WORT.

*Deſcript.*] THIS ſendeth forth many leaves, ſome bigger, ſome leſſer, ſet on each ſide of a middle rib, and each of them dented about the edges ſomewhat reſembling wild Tanſey, or rather Agrimony, but harder in handling; among which riſe up one or more ſtalks, two or three feet high, with the leaves growing thereon, and ſometimes alſo divided into other branches, ſpreading at the top into many white, ſweet ſmelling flowers, conſiſting of five leaves a-piece with ſome threads in the middle of them ſtanding together, in a pith or umbel, each upon a ſmall foot-ſtalk, which after they have been blown upon a good while, do fall away, and in their places appear ſmall, round, chaffy heads like buttons, wherein are the chaffy ſeeds ſet and placed. The root conſiſts of many ſmall, black, tuberous pieces faſtened together by many ſmall, long, blackiſh ſtrings, which run from one to another.

*Place.*] It groweth in many places of this land, in the corners of dry fields and meadows, and the hedge ſides.

*Time.*] They flower in June and July, and their ſeed is ripe in Auguſt.

*Government and Virtues.*] It is under the dominion of Venus. It effectually opens the paſſages of the urine, helpeth the ſtranguary; the ſtone in the kidneys or bladder, the gravel, and all other pains of the bladder and reins, by taking the roots in powder, or a decoction of them in white wine, with a little honey. The roots made into powder, and mixed with honey in the form of an electuary, doth much help them whoſe ſtomachs are ſwollen, diſſolving and breaking the wind which was the cauſe thereof; and is alſo ve-

ry effectual for all the diſeaſes of the lungs, as ſhortneſs of breath, wheezing, hoarſeneſs of the throat, and the cough; and to expectorate tough phlegm, or any other parts thereabouts. It is called Dropwort, becauſe it helps ſuch as piſs by drops.

## The Fig-Tree.

FOR to give a deſcription of a tree ſo well known to every body that keeps it in his garden, were needleſs. They proſper very well in our Engliſh gardens, yet are fitter for medicine, than for any other profit which is gotten by the fruit of them.

*Government and Virtues.*] The tree is under the dominion of Jupiter. The milk that iſſueth out from the leaves or branches where they are broken off, being dropped upon warts, taketh them away. The decoction of the leaves is excellent good to waſh ſore heads with: and there is ſcarcely a better remedy for the leproſy than it is. It clears the face alſo of morphew, and the body of white ſcurf, ſcabs, and running ſores. If it be dropped into old fretting ulcers, it cleanſeth out the moiſture, and bringeth up the fleſh; becauſe you cannot have the leaves green all the year, you may make an ointment of them whilſt you may. A decoction of the leaves being drank inwardly, or rather a ſyrup made of them, diſſolves congealed blood cauſed by bruiſes or falls, and helps the bloody flux. The aſhes of the wood made into an ointment with hog's greaſe, helps kibes and chilblains. The juice being put into an hollow tooth, eaſeth pain; as alſo pain and noiſe in the ears, being dropped into them; and deafneſs. An ointment made of the juice and hog's greaſe, is as excellent a remedy for the biting of mad dogs, or other venomous beaſts, as moſt are. A ſyrup made of the leaves, or green fruit, is excellent good for coughs, hoarſeneſs, or ſhortneſs of breath, and all diſeaſes of the breaſt and lungs; it is alſo excellent good for the dropſy and falling ſickneſs. They ſay that the Fig Tree, as well as the Bay Tree, is never hurt by lightening; as alſo if you tie a bull be he ever ſo mad, to a Fig Tree, he will quickly become tame and gentle. As for ſuch figs as come from beyond ſea, I have little to ſay, becauſe I write not of

exoticks; yet some authors say, the eating of them makes people lousy.

The yellow WATER-FLAG, or FLOWER-DE-LUCE.

*Descript.*] THIS groweth like the Flower-de-luce, but it hath much longer and narrower sad green leaves joined together in that fashion; the stalk also growing oftentimes as high, bearing small yellow flowers shaped like the Flower-de-luce, with three falling leaves, and other three arched that cover their bottoms; but instead of the three upright leaves, as the Flower-de-luce hath, this hath only three short pieces standing in their places after which succeed thick and long three square heads, containing in each part somewhat big and flat seed, like those of the Flower-de-luce. The root is long and slender, of a pale brownish colour on the outside, and of a horsefleſh colour on the inside, with many hard fibres thereat, and very harsh in taste.

*Place.*] It usually grows in watery ditches, ponds, lakes, and moor sides, which are always overflowed with water.

*Time.*] It flowereth in July, and the seed is ripe in August.

*Government and Virtues.*] It is under the dominion of the Moon. The root of this Water flag is very astringent, cooling, and drying; and thereby helps all lasks and fluxes, whether of blood or humours, as bleeding at the mouth, nose, or other parts, bloody flux, and the immoderate flux of womens courses. The distilled water of the whole herb, flowers and roots, is a sovereign good remedy for watering eyes, both to be dropped into them, and to have cloths or sponges wetted therein, and applied to the forehead: it also helpeth the spots and blemishes that happen in and about the eyes, or in any other parts: The said water fomented on swellings and hot inflammations of womens breasts, upon cankers also, and those spreading ulcers called *Noli me tangere*, do much good; it helpeth also foul ulcers in the privities of man or woman; but an ointment made of the flowers is better for those external applications.

FLAX-WEED, or TOAD-FLAX.

*Descript.*] OUR common Flax weed hath divers stalks full fraught with long and narrow ash co-

loured leaves, and from the middle of them almoſt upward, ſtored with a number of pale yellow flowers, of a ſtrong unpleaſant ſcent, with deeper yellow mouths, and blackiſh flat ſeed in round heads. The root is ſomewhat woody and white, eſpecially the main downright one, with many fibres, abiding many years, ſhooting forth roots every way round about, and new branches every year.

*Place.*] This groweth throughout this land, both by the way ſides and in meadows, as alſo by hedge-ſides, and upon the ſides of banks, and borders of fields.

*Time.*] It flowereth in Summer, and the ſeed is ripe uſually before the end of Auguſt.

*Government and Virtues.*] Mars owns the herb: In Suſſex we call it Gallwort, and lay it in our chickens water to cure them of the gall: it relieves them when they are drooping. This is frequently uſed to ſpend the abundance of thoſe watery humours by urine, which cauſe the dropſy. The decoction of the herb, both leaves and flowers, in wine taken and drank, doth ſomewhat move the belly downwards, openeth obſtructions of the liver, and helpeth the yellow jaundice: expelleth poiſon, provoketh womens courſes, driveth forth the dead child, and after birth. The diſtilled water of the herb and flowers is effectual for all the ſame purpoſes: being drank with a dram of the powder of the ſeeds of bark or the root of Wall-wort, and a little cinnamon, for certain days together, it is held a ſingular remedy for the dropſy. The juice of the herb, or the diſtilled water, dropped into the eyes, is a certain remedy for all heat, inflammation, and redneſs in them. The juice or water put into foul ulcers, whether they be cancerous or fiſtulous, with tents rolled therein, or parts waſhed and injected therewith, cleanſeth them thoroughly from the bottom, and healeth them up ſafely. The ſame juice or water alſo cleanſeth the ſkin wonderfully of all ſorts of deformity, as leproſy, morphew, ſcurf, wheals, pimples, or ſpots, applied of itſelf, or uſed with ſome powder of Lupines.

## Flea-wort.

*Deſcript.*] ORDINARY Flea-wort riſeth up with a ſtalk two feet high or more, ſtill of joints and branches on every ſide up to the top, and at every joint

two small, long, and narrow whitish green leaves somewhat hairy; At the top of every branch stand divers small, short, scaly, or chaffy heads, out of which come forth small whitish yellow threads, like to those of the plantain herbs, which are the bloomings of flowers. The seed inclosed in these heads is small and shining while it is fresh, very like unto fleas both for colour and bigness, but turning black when it groweth old. The root is not long, but white, hard and woody, perishing every year, and rising again of its own seed for divers years, if it be suffered to shed: The whole plant is somewhat whitish and hairy, smelling somewhat like rosin.

There is another sort hereof, differing not from the former in the manner of growing, but only that the stalk and branches being somewhat greater, do a little more bow down to the ground: The leaves are somewhat greater, the heads somewhat lesser, the seed alike; and the root and leaves abide all winter and perish not as the former.

*Place.*] The first groweth only in gardens, the second plentifully in fields that are near the sea.

*Time.*] They flower in July, or thereabouts.

*Government and Virtues.*] The herb is cold, dry, and Saturnine. I suppose it obtained the name of Flea-wort, because the seeds are so like Fleas. The seed fried, and taken, stayeth the flux or lask of the belly, and the corrosions that come by reason of hot cholerick, or sharp and malignant humours, or by too much purging of any violent medicine, as Scammony, or the like. The mucilage of the seed made with Rosewater, and a little sugar-candy put thereto, is very good in all hot agues and burning fevers, and other inflammations, to cool the thirst, and lenify the dryness and roughness of the tongue and throat. It helpeth also hoarseness of the voice, and diseases of the breast and lungs, caused by heat, or sharp salt humours, and the pleurisy also. The mucilage of the seed made with plantain water, whereunto the yolk of an egg or two, and a little populeon are put, is a most safe and sure remedy to ease the sharpness, pricking, and pains of the hæmorrhoids or piles, if it be laid on a cloth, and bound thereto. It helpeth all inflammations in any part of the body, and the

pains that come thereby, as the head-ach and megrims, and all hot impostumes, swellings, or breaking out of the skin, as blains, wheals, pushes, purples, and the like; as also the joints of those that are out of joint, the pains of the gout and sciatica, the bursting of young children, and the swelling of the navel, applied with oil of roses and vinegar. It is also good to heal the nipples and fore-breasts of women, being often applied thereunto. The juice of the herb with a little honey put into the ears helpeth the running of them, and the worms breeding in them: The same also mixed with hog's grease, and applied to corrupt and filthy ulcers, cleanseth and healeth them.

## Fluxweed.

*Descript.* ] It riseth up with a round upright hard stalk, four or five feet high, spread into sundry branches, whereon grow many greyish green leaves, very finely cut and severed into a number of short and almost round parts. The flowers are very small and yellow, growing spike fashion, after which come small long pods, with small yellowish seed in them. The root is long and woody perishing every year.

There is another sort, differing in nothing, save only it hath somewhat broader leaves; they have a strong evil savour, being smelled unto, and are of a drying taste.

*Place.* ] They flower wild in the fields by hedge-sides, and high-ways, and among rubbish and other places.

*Time.* ] They flower and seed quickly after, namely in June and July.

*Government and Virtues.* ] This herb is Saturnine also. Both the herb and seed of Fluxweed is of excellent use to stay the flux or dask of the belly, being drank in water wherein gads of steel heated have been often quenched; and is no less effectual for the same purpose than plantain or comfrey, and to restrain any other flux of blood in man or woman, as also to consolidate bones broken or out of joint. The juice thereof drank in wine, or the decoction of the herb drank; doth kill the worms in the stomach or belly, or the worms that grow in putrid and filthy ulcers; and made into a salve doth quickly heal all old sores, how foul or malignant soever they be. The distilled water of the herb worketh the same effects, although somewhat weaker, yet it is a fair medicine,

and more acceptable to be taken. It is called Fuxweed because it cures the flux, and for its uniting broken bones, &c. Paracelsus extols it to the skies. It is fitting that syrup ointment, and plaisters of it were kept in your houses.

## Flower-de-luce.

IT is so well known, being nourished up in most gardens that I shall not need to spend time in writing a description thereof.

*Time.*] The flaggy kinds thereof have the most physical uses: the dwarf kinds thereof flowers in April, the greater sorts in May.

*Government and Virtues.*] The herb is Lunar. The juice or decoction of the green root of the flaggy kind of Flower-de-luce, with a little honey drank, doth purge and cleanse the stomach of gross and tough phlegm and choler therein; it helpeth the jaundice and the dropsy, evacuating those humours both upwards and downwards; and because it somewhat hurts the stomach, is not to be taken without honey and spikenard. The same being drank, doth ease the pains and torments of the belly and sides, the shaking of agues, the diseases of the liver and spleen, the worms of the belly, the stone in the reins, convulsions and cramps that come of old humours; it also helps those whose seed passeth from them unawares: It is a remedy against the bitings and stingings of venomous creatures, being boiled in water and vinegar and drank: Boiled in water and drank, it provoketh urine, helpeth the colick, bringeth down womens courses; and made up into a pessary with honey, and put up into the body, draweth forth the dead child. It is much commended against the cough, to expectorate tough phlegm; it much easeth pains in the head, and procureth sleep: being put into the nostrils it procureth sneezing, and thereby purgeth the head of phlegm: The juice of the root applied to the piles or hæmorrhoids, giveth much ease. The decoction of the roots gargled in the mouth, easeth the tooth-ach, and helpeth a stinking breath. Oil called Oleum Irinum, if it be rightly made of the great broad flag Flower-de-luce (and not of the great bulbus blue Flower-de-luce, as is used by some apothecaries) and roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold joints and si-

newy, as alſo the gout and ſciatica, and mollifieth, diſſolveth and conſumeth tumours and ſwellings in any part of the body, as alſo of the matrix; it helpeth the cramp, or convulſions of the ſinews; The head and temples anointed therewith, helpeth the catarrh or thin rheum diſtilled from thence; and uſed upon the breaſt or ſtomach, helpeth to extenuate the cold tough phlegm; it helpeth alſo the pains and noiſe in the ears, and the ſtench of the noſtrils. The root itſelf, either green or in powder, helpeth to cleanſe, heal, and incarnate wounds, and to cover the naked bones with fleſh again, that ulcers have made bare; and is alſo very good to cleanſe and heal up fiſtulas and cankers that are hard to be cured.

## Fluellin, or Lluellin.

*Deſcript.* IT ſhooteth forth many long branches partly lying upon the ground, and partly ſtanding upright, ſet with almoſt red leaves, yet a little pointed, and ſometimes more long than round, without order thereon, ſomewhat hairy, and of an evil greeniſh white colour; at the joints all along the ſtalks, and with the leaves come forth ſmall flowers, one at a place, upon a very ſmall ſhort foot-ſtalk, gaping ſomewhat like ſnip-dragons, or rather like toad-flax, with the upper jaw of a yellow colour, and the lower of a purpliſh, with a ſmall heel or ſpur behind; after which come forth ſmall round heads, containing ſmall black ſeed. The root is ſmall and thready, dying every year, and raiſeth itſelf again of its own ſowing.

There is another ſort of Lluellin which hath longer branches wholly trailing upon the ground, two or three feet long, and ſomewhat more thin, ſet with leaves thereon, upon ſmall foot-ſtalks. The leaves are a little larger, and ſomewhat round, and cornered ſometimes in ſome places on the edges; but the lower part of them being the broadeſt, hath on each ſide a ſmall point, making it ſeem as if they were ears, ſometimes hairy, but not hoary, and of a better green colour than the former. The flowers come forth like the former, but the colours therein are more white than yellow, and the purple not ſo fair: It is a large flower, and ſo are the ſeed and ſeed-veſſels. The root is like the other, and periſheth every year.

*Place.* They grow in divers corn fields, and in borders

about them, and in other fertile grounds about Southfleat in Kent abundant; at Buchrite, Hamerton, and Richmanworth in Huntingdonshire, and in divers other places.

*Time.*] They are in flower about June and July, and the whole plant is dry and withered before August be done.

*Government and Virtues.*] It is a lunar herb. The leaves bruised and applied with barley meal to watering eyes that are hot and inflamed by defluctions from the head, do very much help them, as also the fluxes of blood or humours, as the lask, bloody flux, womens courses, and stayeth all manner of bleeding at nose, mouth, or any other place, or that cometh by any bruise or hurt, or bursting a vein; it wonderfully helpeth all those inward parts that need consolidating or strengthening, and is no less effectual both to heal and close green wounds, than to cleanse and heal all foul or old ulcers, fretting or spreading cankers or the like. Bees are industrious, and go abroad to gather honey from each plant and flower, but drones lie at home, and eat up what the bees have taken pains for: Just so do the college of physicians lie at home and domineer, and suck out the sweetness of other mens labours and studies, themselves being as ignorant in the knowledge of herbs as a child of four years old, as I can make appear to any rational man by their last dispensatory. Now then to hide their ignorance, there is no readier way in the world than to hide knowledge from their countrymen, that so no body might be able so much as to smell out their ignorance. When simples were in use, men's bodies were better in health by far than now they are, or shall be, if the college can help it. The truth is, this herb is of a fine cooling drying quality, and an ointment or plaister of it might do a man a courtesy that hath any hot virulent sores: 'Tis admirable for the ulcers of the French pox; if taken inwardly, may cure the disease. It was first called Female Speedwell, but a gentlemen of Wales, whose nose was almost eaten off with the pox, and so near the matter, that the doctors commanded it to be cut off, being cured only by the use of this herb; and to honour the herb, for saving his nose whole, gave it one of his country names, Fluellin.

## Fox-Gloves.

*Descript.*] It hath many long and broad leaves lying upon the ground dented upon the edges, a little soft or wooly, and of a hoary green colour, among which riseth up sometimes sundry stalks, but one very often, bearing such leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green leaves at every one, but all of them turning their heads one way, and hanging downwards, having some threads also in the middle, from whence rise round heads, pointed sharp at the ends, wherein small brown seed lieth. The roots are so many small fibres, and some greater strings among them, the flowers have no scent, but the leaves have a bitter hot taste.

*Place.*] It groweth on dry sandy ground for the most part, and as well on the higher as the lower places under hedge-sides in almost every county of this land.

*Time.*] It seldom flowereth before July, and the seed is ripe in August.

*Government and Virtues.*] The plant is under the dominion of Venus, being of a gentle cleansing nature, and withal very friendly to nature. The herb is familiarly and frequently used by the Italians to heal any fresh or green wound, the leaves being but bruised and bound thereon; and the juice thereof is also used in old sores, to cleanse, dry, and heal them. The decoction hereof made up with some sugar or honey, is available to cleanse and purge the body both upwards and downwards, sometimes of tough phlegm and clammy humours, and to open obstructions of the liver and spleen. It hath been found by experience to be available for the king's evil, the herb bruised and applied, or an ointment made with the juice thereof, and so used; and a decoction of two handfuls thereof, with four ounces of Polypody in ale, hath been found by late experience to cure divers of the falling sickness, that have been troubled with it above twenty years. I am confident that an ointment of it is one of the best remedies for a scabby head that is.

## Fumitory.

*Descript.*] OUR common Fumitory is a tender sappy herb, sendeth forth from one square, a slender weak stalk, and leaning downwards on all sides, many branches two or three feet long, with finely cut and jagged leaves of whitish, or rather bluish sea-green colour: At the tops of the branches stand many small flowers, as it were in a long spike one above another, made like little birds, of a reddish purple colour, with whitish bellies, after which come small round husks, containing small black seeds. The root is yellow, small, and not very long, full of juice while it is green, but quickly perishes with the ripe seed. In the corn fields in Cornwall, it beareth white flowers.

*Place.*] It groweth in corn fields almost every where, as well as in gardens.

*Time.*] It flowereth in May for the most part, and the seed ripeneth shortly after.

*Government and Virtues.*] Saturn owns the herb, and presents it to the world as a cure for his own disease, and strengthener of the parts of the body he rules. If by my astrological judgment of diseases, from the decumbiture, you find Saturn author of the disease, or if by direction from a nativity you fear a Saturnine disease approaching, you may by this herb prevent it in the one, and cure it in the other, and therefore it is fit you keep a syrup of it always by you. The juice or syrup made thereof, or the decoction made in whey by itself, with some other purging or opening herbs and roots to cause it to work the better (itself being but weak) is very effectual for the liver and spleen, opening the obstructions thereof, and clarifying the blood from saltish, cholerick, and adust humours, which cause leprosy, scabs, tetters, and itches, and such like breakings out of the skin, and after the purgings doth strengthen all the inward parts. It is also good against the yellow jaundice, and spendeth it by urine, which it procureth in abundance. The powder of the dried herb given for some time together, cureth melancholy, but the seed is strongest in operation for all the former diseases. The distilled water of the herb is also of good effect in the former diseases, and conduceth much against the plague and pestilence, being taken with good treacle. The distilled water

alſo, with a little water and honey of roſes, helpeth all the ſores of the mouth or throat, being gargled often therewith. The juice dropped into the eyes, cleareth the ſight, and taketh away redneſs and other defects in them, although it procureth ſome pain for the preſent, and cauſe tears. Dioſcorides ſaith it hindereth any freſh ſpringing of hairs on the eye-lids (after they are pulled away) if the eye-lids be anointed with the juice hereof, with Gum Arabic diſſolved therein. The juice of the Fumitory and Docks mingled with vinegar, and the places gently waſhed or wet therewith, cureth all ſorts of ſcabs, pimples, blotches, wheals, and puſhes which ariſe on the face or hands, or any other parts of the body.

## The Furz Bush.

IT is as well-known by this name, as it is in ſome counties by the name of Gorz or Whins, that I ſhall not need to write any deſcription thereof, my intent being to teach my countrymen what they know not, rather than to tell them again of that which is generally known before.

*Place.*] They are known to grow on dry barren heaths, and other waſte, gravelly or ſandy grounds, in all counties of this land.

*Time.*] They alſo flower in the Summer months.

*Government and Virtues.*] Mars owns the herb. They are hot and dry and open obſtructions of the liver and ſpleen. A decoction made with the flowers thereof hath been found effectual againſt the jaundice, as alſo to provoke urine, and cleanſe the kidneys from gravel or ſtone ingendered in them. Mars doth alſo this by ſympathy.

## Garlick.

THE offenſiveneſs of the breath of him that hath eaten Garlick, will lead you by the noſe to the knowledge hereof, and (inſtead of a deſcription) direct you to the place where it groweth in gardens, which kinds are the beſt, and moſt phyſical.

*Government and Virtues.*] Mars owns this herb. This was anciently accounted the poor man's treacle, it being a remedy for all diſeaſes and hurts (except thoſe which itſelf breed.) It provoketh urine and womens courſes, helpeth the biting of mad dogs, and other venomous creatures; kill-

eth worms in children, cutteth and voideth tough phlegm, purgeth the head, helpeth the lethargy, is a good preservative against, and a remedy for any plague, sore, or foul ulcer; taketh away spots and blemishes in the skin, easeth pains in the ears, ripeneth and breaketh imposthumes, or other swellings. And for all those diseases the onions are as effectual. But the Garlick hath some more peculiar virtues besides the former, viz. it hath a special quality to discuss inconveniences coming by corrupt agues or mineral vapours, or by drinking corrupt and stinking waters; as also by taking wolf-bane, hen-bane, hemlock, or other poisonous and dangerous herbs. It is also held good in hydropick diseases, the jaundice, falling sickness, cramps, convulsions, the piles or hæmorrhoids, or other cold diseases. Many authors quote many diseases this is good for; but conceal its vices. Its heat is very vehement, and all vehement hot things send up but ill-favoured vapours to the brain. In cholerick men it will add fuel to the fire; in men oppressed by melancholy, it will attennate the humour, and send up strong fancies, and as many strange visions to the head; therefore let it be taken inwardly with great moderation; outwardly you may make more bold with it.

### Gentian, Felwort, or Baldmony.

IT is confessed that Gentian, which is most used amongst us, is brought over from beyond sea, yet we have two sorts of it growing frequently in our nation, which besides the reasons so frequently alledged why English herbs should be fittest for English bodies, hath been proved by the experience of divers physicians, to be not a whit inferior in virtue to that which cometh from beyond sea, therefore be pleased to take the description of them as followeth.

*Descript.* The greater of the two hath many small long roots thrust down deep into the ground, and abiding all the Winter. The stalks are sometimes more, sometimes fewer, of a brownish green colour, which is sometimes two feet high, if the ground be fruitful, having many long, narrow, dark green leaves, set by couples up to the top; the flowers are long and hollow, of a purple colour, ending in five corners. The smaller sort which is to be found in our land, groweth up with sundry stalks, not a foot high, parted

into several small branches, whereon grow divers small eaves together, very like those of the lesser Centaury, of a whitish green colour; on the tops of these stalks grow divers perfect blue flowers, standing in long husks, but not so big as the other; the root is very small and full of threads.

*Place.*] The first groweth in divers places of both the East and West countries, and as well in wet as in dry grounds, as near Long-field by Gravesend, near Cobham in Kent, near Lillinstone in Kent, also in a chalk pit hard by a paper-mill not far from Dartford in Kent. The second groweth also in divers places in Kent, as about Southfleet and Longfield; upon Barton's Hills in Bedfordshire; also not far from St. Albans, upon a piece of waste chalky ground, as you go out of Dunstable way, towards Gorhambury.

*Time.*] They flower in August.

*Government and Virtues.*] They are under the dominion of Mars, and one of the most principal herbs he is ruler of. They resist putrefactions, poison, and a more sure remedy cannot be found to prevent the pestilence than it is; it strengthens the stomach exceedingly, helps digestion, comforts the heart, and preserves it against faintings and swoonings: The powder of the dry roots helps the biting of mad dogs and venomous beasts, opens obstructions of the liver, and restoreth an appetite of their meat to such as have lost it. The herb steeped in wine, and the wine drank, refresheth such as be over weary with travel, and grow lame in the joints, either by cold or evil lodgings; it helps stitches and griping pains in the sides; is an excellent remedy for such as are bruised by falls; it provokes urine and the terms exceedingly, therefore let it not be given to women with child: The same is very profitable for such as are troubled with cramps and convulsions, to drink the decoction: Also they say it breaks the stone, and helps ruptures most certainly; it is excellent in all cold diseases, and such as are troubled with tough phlegm, scabs, itch, or any fretting sores and ulcers; it is an admirable remedy to kill the worms, by taking half a dram of the powder in a morning in any convenient liquor; the same is excellent good

to be taken inwardly for the kings evil. It helps agues of all sorts, and the yellow jaundice, as also the bots in cattle; when kine are bitten on the udder by any venomous beast, do but stroke the place with the decoction of any of these, and it will instantly heal them.

### Clove Gilliflowers.

IT is vain to describe an herb so well known.

*Government and Virtues.*] They are gallant, fine, temperate flowers, of the nature and under the dominion of Jupiter; yea, so temperate, that no excess, neither in heat, cold, dryness, nor moisture, can be perceived in them; they are great strengtheners both of the brain and heart, and will therefore serve either for cordials or cephalicks, as your occasion will serve. There is both a syrup and a conserve made of them alone, commonly to be had at every apothecarys. To take now and then a little of either, strengthens nature much, in such as are in consumptions. They are also excellent good in hot pestilent fevers, and expel poison.

### Germander.

*Descript.*] COMMON Germander shooteth forth sundry stalks, with small and somewhat round leaves, dented about the edges. The flowers stand at the tops, of a deep purple colour. The root is composed of divers sprigs, which shoot forth a great way round about quickly overspreading a garden.

*Place.*] It groweth usually with us in gardens.

*Time.*] And flowereth in June and July.

*Government and Virtues.*] It is a most prevalent herb of Mercury, and strengthens the brain and apprehension exceedingly; (you may see what human virtues are under Mercury, in the latter end of my Ephemeris for 1652.) strengthens them when weak, and relieves them when drooping. This taken with honey (saith Dioscorides) is a remedy for coughs, hardness of the spleen, and difficulty of urine, and helpeth those that are fallen into a dropsy, especially at the beginning of the disease, a decoction being made thereof when it is green, and drank. It also bringeth down womens courses, and expelleth the dead child. It is most effectual against the poison of all serpents, being drank in wine, and the bruised herb outwardly applied; used with

honey, it cleanseth old and foul ulcers; and made into an oil, and the eyes anointed therewith, taketh away the dimness and moistness. It is likewise good for the pains in the sides and cramps. The decoction thereof taken for four days together, driveth away and cureth both tertian and quartan agues. It is also good against all diseases of the brain, as continual head-ach, falling-sickness, melancholy, drowsiness and dulness of the spirits, convulsions and palsies. A dram of the seed taken in powder purgeth by urine, and is good against the yellow jaundice. The juice of the leaves dropped into the ears killeth the worms in them. The tops thereof, when they are in flowers, steeped twenty-four hours in a draught of white wine, and drank, killeth the worms in the belly.

## Stinking-Gladwin.

*Descript.* THIS is one of the kinds of Flower-de-luce, having divers leaves arising from the roots, very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of strong ill scent, if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk, a yard high at the least, bearing three or four flowers at the top, made somewhat like the flowers of the Flower-de-luce, with three upright leaves, of a dead purplish ash colour, with some veins discoloured in them; the other three do not fall down, nor are the three other small ones so arched, nor cover the lower leaves as the Flower-de-luce doth, but stand loose or asunder from them. After they are past, there come up three square hard husks, opening wide into three parts when they are ripe, wherein lie reddish seed, turning back when it hath abiden long. The root is like that of the Flower-de-luce, but reddish on the outside, and whitish within, very sharp and hot in the taste, of as evil scent as the leaves.

*Place.* This groweth as well in upland grounds as in moist places, woods, and shadowy places by the sea side in many places of this land, and is usually nursed up in gardens.

*Time.* It flowereth not until July, and the seed is ripe in August or September, yet the husks after they are ripe,

opening themselves, will hold their seed with them for two or three months, and not shed them.

*Government and Virtues.*] It is supposed to be under the dominion of Saturn. It is used by many country people to purge corrupt phlegm and choler, which they do by drinking the decoction of the roots; and some, to make it more gentle, do but infuse the sliced roots in ale; and some take the leaves, which serve well for the weaker stomachs; The juice hereof put up, or snuffed up the nose, causeth sneezing and draweth from the head much corruption; and the powder thereof doth the same. The powder thereof drank in wine, helpeth those that are troubled with cramps and convulsions, or with the gout and sciatica, and giveth ease to those that have griping pains in their body and belly, and helpeth those that have the stranguary. It is given with much profit to those that have had long fluxes by the sharp and evil quality of humours which it stayeth, having first cleansed and purged them by the drying and binding property therein. The root boiled in wine and drank, doth effectually procure womens courses, and used as a pessary, worketh the same effect, but causeth abortion in women with child. Half a dram of the seed beaten to powder, and taken in wine doth speedily cause one to pisse, which otherwise cannot. The same taken with vinegar, dissolveth the hardness and swellings of the spleen. The root is very effectual in all wounds, especially of the head; as also to draw forth any splinters, thorns, or broken bones, or any other thing sticking in the flesh, without causing pains being used with a little verdigrease and honey, and the great Centaury root. The same boiled in vinegar, and laid upon any tumour or swelling, doth very effectually dissolve and consume them; yea, even the swellings of the throat called the king's evil; the juice of the leaves or roots healeth the itch, and all running or spreading scabs, sores, blemishes, or scars in the skin, wheresoever they be.

## Golden Rod.

*Descript.*] THis Sariseth up with with brownish small round stalks, two feet high, and sometimes more, having thereon many narrow and long dark green leaves, very seldom with any dents about the edges, or any stalks

or white spots therein, yet they are sometimes so found divided at the tops into many small branches, with divers small yellow flowers on every one of them, all which are turned one way, and being ripe do turn into down, and are carried away by the wind. The root consists of many small fibres, which grows not deep in the ground, but abideth all the winter therein, shooting forth new branches every year, the old one bring down to the ground.

*Place.*] It groweth in the open places of woods and copses, both moist and dry grounds, in many places of this land.

*Time.*] It flowereth about the month of July.

*Government and Virtues.*] Venus claims the herb, and therefore to be sure it respects beauty most. Arnoldus de Villa Nova commends it much against the stone in the reins and kidneys, and to provoke urine in abundance, whereby also the gravel and stone may be voided. The decoction of the herb, green or dry, or the distilled water thereof, is very effectual for inward bruises, as also to be outwardly applied, it staveth bleeding in any part of the body, and of wounds; also the fluxes of humours, the bloody-flux, and womens courses; and is no less prevalent in all ruptures or burstings, being drank inwardly, and outwardly applied. It is a sovereign wound herb, inferior to none, both for inward and outward hurts; green wounds, old sores and ulcers, are quickly cured therewith. It also is of especial use in all lotions for sores or ulcers in the mouth, throat, or privy parts of man or woman. The decoction also helpeth to fasten the teeth that are loose in the gums.

## Goutwort, or Herb Gerrard.

*Descript.*] IT is a low herb, seldom rising half a yard high, having sundry leaves standing on brownish green stalks, by three, snipped about, and of a strong unpleasant savour: The umbels of the flowers are white, and the seed blackish, the root runneth in the ground, quickly taking a great deal of room.

*Place.*] It groweth by hedges and wall-sides, and often in the border and corners of fields, and in gardens also.

*Time.*] It flowereth and seedeth about the end of July.

*Government and Virtues.*] Saturn rules it. Neither is two

be ſuppoſed Goutwort hath its name for nothing, but upon experiment to heal the gout and ſciatica; as alſo joint-achs, and other cold griefs. The very bearing of it about one eaſeth the pains of the gout, and defends him that bears it from the diſeaſe.

## Gromel.

OF this I ſhall briefly deſcribe their kinds, which are principally uſed in phyſick, the virtues whereof are alike, though ſomewhat different in their manner and form of growing.

*Deſcript.*] The greater Gromel groweth up with ſlender hard and hairy ſtalks, trailing and taking root in the ground, as it lieth thereon, and parted into many other ſmall branches with hairy dark green leaves thereon. At the joints with the leaves come forth very ſmall blue flowers, and after them hard ſtony roundiſh ſeed. The root is long and woody, abiding the Winter, and ſhooteth forth freſh ſtalks, in the ſpring.

The ſmaller wild Gromel ſendeth forth divers upright hard branched ſtalks, two or three feet high, full of joints, at every of which groweth ſmall, long, hard, and rough leaves like the former, but leſſer; among which leaves come forth ſmall white flowers, and after them greyiſh round ſeed like the former; the root is not very big, but with many ſtrings thereat.

The garden-Gromel hath divers upright, ſlender, woody, hairy ſtalks, blown and creſſed, very little branched, with leaves like the former, and white flowers; after which, in rough brown huſks, is contained a white, hard, round ſeed, ſhining like pearls, and greater than either of the former; the root is like the firſt deſcribed, with divers branches and ſprigs thereat, which continueth (as the firſt doth) all the Winter.

*Place.*] The two firſt grow wild in barren or untilled places, and by the way ſides in many places of this land. The laſt is a nurſling in the gardens of the curious.

*Time.*] They all flower from Midſummer until September ſometimes, and in the mean time the ſeed ripeneth.

*Government and Virtues.*] The herb belongs to Dame Venus; and therefore if Mars cauſe the colick or ſtone, as

uſually he doth, if in Virgo, this is your cure. Theſe are accounted to be of as ſingular force as any herb or ſeed whatſoever, to break the ſtone and to avoid it, and the gravel either in the reins or bladder, as alſo to provoke urine being ſtopped, and to help the ſtranguary. The ſeed is of greateſt uſe, being bruiſed or boiled in white wine or in broth, or the like, or the powder of the ſeed taken therein. Two drams of the ſeed in powder taken with womens breaſt milk, is very effectual to procure a very ſpeedy delivery to ſuch women as have ſore pains in their travail, and cannot be delivered: The herb itſelf, (when the ſeed is not to be had) either boiled, or the juice thereof drank, is effectual to all the purpoſes aforeſaid, but not ſo powerful or ſpeedy in operation.

## Gooseberry bush.

CALLED alſo Feapberry, and in Suſſex Dewberry Buſh and in ſome counties Wineberry.

*Government and Virtues.*] They are under the dominion of Venus. The berries, while they are unripe, being ſcalded, or baked, are good to ſtir up a fainting or decayed appetite, eſpecially ſuch whoſe ſtomachs are afflicted by cholerick humours: They are excellent good to ſtay longings of women with child. You may keep them preſerved with ſugar all the year long. The decoction of the leaves of the tree, cools hot ſwellings and inflammations; as alſo St. Anthony's fire. The ripe Gooſberries being eaten, are an excellent remedy to allay the violent heat both of the ſtomach and liver. The young and tender leaves break the ſtone, and expel gravel both from the kidneys and bladder. All the evils they do to the body of man is, they are ſuppoſed to breed crudities, and by crudities, worms.

## Winter-Green.

*Deſcript.*] THIS ſends forth ſeven, eight, or nine leaves from a ſmall brown creeping root, every one ſtanding upon a long foot-ſtalk, which are almoſt as broad as long, round pointed, of a ſad green colour, and hard in handling, and like the leaf of a Pear-tree; from whence ariſeth a ſlender weak ſtalk, yet ſtanding upright, bearing at the top many ſmall white ſweet ſmelling flowers, laid open like a ſtar, conſiſting of five round pointed leaves,

with many yellowish threads standing in the middle about a green head, and a long stalk with them, which in time groweth to be the seed-vessel, which being ripe is found five square, with a small point at it, wherein is contained seed as small as dust.

*Place.*] It groweth seldom in fields, but frequent in the woods northwards, *viz.* In Yorkshire, Lancashire, and Scotland.

*Time.* It flowereth about June and July.

*Government and Virtues.*] Winter-green is under the dominion of Saturn, and is a singular good wound herb, and an especial remedy for to heal green wounds speedily, the green leaves being bruised and applied, or the juice of them. A salve made of the green herb stamped, or the juice boiled with hog's lard, or with salid oil and wax, and some turpentine added unto it, is a sovereign salve, and highly extolled by the Germans, who use it to heal all manner of wounds and sores. The herb boiled in wine and water, and given to drink to them that have any inward ulcers in their kidneys, or neck of the bladder, doth wonderfully help them. It stayeth all fluxes, as the lask, bloody fluxes, womens courses, and bleeding of wounds, and taketh away any inflammations rising upon pains of the heart; it is no less helpful for foul ulcers hard to be cured; as also for cankers or fistulas. The distilled water of the herb doth effectually perform the same things.

## Groundsel.

*Descript.*] OUR common Groundsel hath a round green and somewhat brownish stalks spreading toward the top into branches, set with long and somewhat narrow green leaves, cut in on the edges, somewhat like the oak-leaves, but lesser, and round at the end. At the tops of the branches stand many small green heads, out of which grow many small, yellow threads or thumbs which are the flowers, and continue many days blown in that manner, before it pass away into Down, and with the seed is carried away in the wind. The root is small and thready, and soon perisheth, and as soon riseth again of its own sowing, so that it may be seen many months in the year,

both green and in flower and seed; for it will spring and seed twice in a year at least, if it be suffered in a garden.

*Place.*] This groweth almost every where, as well on tops of walls, as at the foot, amongst rubbish and untilled grounds, but especially in gardens.

*Time.*] It flowereth, as is said before, almost in every month throughout the year.

*Government and Virtues.*] This herb is Venus's mistress-piece, and is as gallant and universal a medicine for all diseases coming of heat, in what part of the body soever they be, as the sun shines upon; it is very safe and friendly to the body of man; yet causeth vomiting if the stomach be afflicted; if not, purging: and it doth it with more gentleness than can be expected; it is moist, and something cold withal, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in purges and vomits. Lay by your learned receipts; take so much Sena, so much Scammony, so much Colocynthis, so much infusion of Crocus Metallorum, &c. this herb alone preserved in a syrup, in a distilled water, or in an ointment, shall do the deed for you in all hot diseases, and, shall do it, 1. Safely, 2. Speedily.

The decoction of the herb saith (Dioscorides), made with wine, and drank, helpeth the pains of the stomach, proceeding of choler, (which it may well do by a vomit) as daily experience sheweth. The juice thereof taken in drink, or the decoction of it in ale, gently performeth the same. It is good against the jaundice and falling sickness, being taken in wine; as also against difficulty of making water. It provoketh urine, expelleth gravel in the veins or kidneys; a dram thereof given in oxymel, after some walking or stirring of the body. It helpeth also the sciatica, griping of the belly, the colic; defects of the liver, and provoketh womens courses. The fresh herb boiled, and made into a poultice, applied to the breasts of women that are swolen with pain and heat, as also the privy parts of man or woman, the seat or fundament, or the arteries, joints, and sinews, when they are inflamed and swolen, doth much ease them; and used with some salt, helpeth to dissolve knots or kernels in any part of the body. The juice of

the herb, or (as Dioscorides saith) the leaves and flowers, with some fine frankincense in powder, used in wounds of the body, nerves or sinews, do singularly help to heal them. The distilled water of the herb performeth well all the aforesaid cures, but especially for inflammations or watering of the eyes, by reason of the defluction of rheum unto them.

## Heart's-Ease.

THIS is that herb which such physicians as are licensed to blaspheme by authority, without danger of having their tongues burned through with an hot iron, called an herb of the Trinity. It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cull me to you; and in Suffex we call them Pancies.

*Place.*] Besides those which are brought up in gardens, they grow commonly wild in the fields, especially in such as are very barren; sometimes you may find it on the tops of the high hills.

*Time.*] They flower all the Spring and Summer long.

*Government and Virtues.*] The herb is really Saturnine, something cold, viscous, and slimy. A strong decoction of the herbs and flowers (if you will, you may make it into syrup) is an excellent cure for the French pox, the herb being a gallant antivenerean; and that antivenereans are the best cure for that disease, far better and safer than to torment them with the flux, divers foreign physicians have confessed. The spirit of it is excellent good for the convulsions in children, as also for the falling sickness, and a gallant remedy for the inflammation of the lungs and breasts, pleurisy, scabs, itch, &c. It is under the celestial Sign Cancer.

## Artichokes.

THE Latins call them Cinera, only our college calls them Articlocus.

*Government and Virtues.*] They are under the dominion of Venus, and therefore it is no marvel if they provoke lust, as indeed they do, being something windy meat; and yet they stay the involuntary course of natural seed in man, which is commonly called nocturnal pollutions. And here I care not greatly if I quote a little of Galen's nonsense in his treatise of the faculties of nourishment. He

saith, they contain plenty of choleric juice (which notwithstanding I can scarcely believe) of which he saith is engendered melancholy juice, and of that melancholy juice thin choleric blood. But to proceed: this is certain, that the decoction of the root boiled in wine, or the root bruised and distilled in wine in an alembick, and being drank, purgeth by urine exceedingly.

## Harts-Tongue.

*Descript.*] THIS hath divers leaves arising from the root, every one severally, which fold themselves in their first springing and spreading; when they are full grown, are about a foot long, smooth and green above, but hard and with a little sap in them, and streaked on the back, thwart on both sides of the middle rib, with small and somewhat long and brownish marks; the bottoms of the leaves are a little bowed on each side of the middle rib, somewhat narrow with the length, and somewhat small at the end. The root is of many black threads, folded or interlaced together.

*Time.*] It is green all the Winter; but new leaves *spring* every year.

*Government and Virtues.*] Jupiter claims dominion over this herb, therefore it is a singular remedy for the liver, both to strengthen it when weak, and ease it when afflicted, you shall do well to keep it in a syrup all the year: For though authors say it is green all the year, I scarce believe it. Harts Tongue is much commended against the hardness and stoppings of the spleen and liver, and against the heat of the liver and stomach, and against lasks, and the bloody flux. The distilled water thereof is also very good against the passions of the heart, and to stay the hiccough, to help the falling of the palate, and to stay the bleeding of the gums, being gargled in the mouth. Dioscorides saith, it is good against the stinging or biting of serpents. As for the use of it, my direction at the latter end will be sufficient, and enough for those that are studious in physic, to whet their brains upon for one year or two.

## Hazel-Nut.

HAZEL Nuts are so well known to every body, that they need no description.

*Government and Virtues.*] They are under the dominion of Mercury. The parted kernels made into an electuary, or the milk drawn from the kernels with mead or honeyed water, is very good to help an old cough; and being parched, and a little pepper put to them and drank, digesteth the distillations of rheum from the head. The dried husks and shells, to the weight of two drams, taken in red wine, slayeth lasks and womens courses, and so doth the red skin that covers the kernels, which is more effectual to stay womens courses.

And if this be true, as it is, then why should the vulgar so familiarly affirm, that eating Nuts causeth shortness of breath, than which nothing is falser? For, how can that which strengthens the lungs, cause shortness of breath? I confess, the opinion is far older than I am; I knew tradition was a friend to error before, but never that he was the father of slander: Or are mens tongues so given to slandering one another, that they must slander Nuts too, to keep their tongues in use? If any thing of the Hazel Nut be stopping, it is the husks and shells, and no body is so mad to eat them, unless physically; and the red skin which covers the kernel you may easily pull off. And so thus have I made an apology for Nuts, which cannot speak for themselves.

## Hawk-weed.

*Descript.*] IT hath many large leaves lying upon the ground, much rent or torn on the sides into gashes like Dandelion, but with greater parts, more like the smooth Sow Thistle, from among which riseth a hollow, rough stalk, two or three feet high, branched from the middle upward, whereon are set at every joint longer leaves, little or nothing rent or cut, bearing on their top sundry pale, yellow flowers, consisting of many small, narrow leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the Hawk-weeds (for there are many kinds of them) do hold, which turn into down, and with the small brownish seed is blown away with the wind. The root is long, and somewhat greater, with many small fibres thereat. The whole plant is full of bitter milk.

*Place.*] It groweth in divers places about the field-sides, and the path-ways in dry grounds.

*Time.*] It flowereth and flies away in Summer Months.

*Government and Virtues.*] Saturn owns it. Hawk-weed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the stomach, and gnawings therein; for inflammations, and the hot fits of agues. The juice thereof in wine, helpeth digestion, dissuffeth wind, hindereth crudities abiding in the stomach, and helpeth the difficulty of making water, the biting of venomous serpents, and stinging of the scorpion, if the herb be also outwardly applied to the place, and is very good against all other poisons. A scruple of the dried root given in wine and vinegar, is profitable for those that have the dropsy. The decoction of the herb taken with honey, digesteth the phlegm in the chest or lungs, and with hyssop helpeth the cough. The decoction thereof, and of wild succory, made with wine, and taken, helpeth the wind colic and hardness of the spleen; it procureth rest and sleep, hindereth venery and venerous dreams, cooling heats, purgeth the stomach, increaseth blood, and helpeth the diseases of reins and bladder. Outwardly applied, it is singularly good for all the defects and diseases of the eyes, used with some womens milk; and used with good success in fretting or creeping ulcers, especially in the beginning. The green leaves bruised, and with a little salt applied to any place burnt with fire, before blisters do arise, helpeth them; as also inflammations, St Anthony's fire, and all pushes and eruptions, hot and salt phlegm. The same applied with meal and fair water in manner of a poultice, to any place affected with convulsions and the cramp, such as are out of joint, doth give help and ease. The distilled water cleanseth the skin, and taketh away freckles, spots, morphew, or wrinkles in the face.

## Hawthorn.

IT is not my intent to trouble you with a description of this tree, which is so well known that it needeth none. It is ordinarily but a hedge bush, although being pruned and dressed, it groweth to a tree of a reasonable height.

As for the Hawthorn Tree at Glastanbury, which is said

to flower yearly on Chriſtmas-day, it rather ſhews the ſuperſtition of thoſe that obſerve it for the time of its flowering, than any great wonder, ſince the like may be found in divers other places of this land; as in Whey-ſtreet in Romney Marſh, and near unto Nantwich in Cheſhire, by a-place called White Green, where it flowereth about Chriſtmas and May. If the weather be froſty, it flowereth not until January or that the hard weather be over.

*Government and Virtues.*] It is a Tree of Mars. The ſeeds in the berries beaten to powder being drank in wine, are held ſingular good againſt the ſtone, and are good for the dropſy. The diſtilled water of the flowers ſtayeth the laſk. The ſeed cleared from the down, bruiſed and boiled in wine, and drank, is good for inward tormenting pains. If cloths and ſpunges be wet in the diſtilled water, and applied to any place wherein thorns and ſplinters, or the like, do abide in the fleſh, it will notably draw them forth.

And thus you ſee the thorn gives a medicine for his own pricking, and ſo doth almoſt every thing elſe.

## HEMLOCK.

*Deſcript.*] THE common great Hemlock groweth up with a green ſtalk, four or five feet high, or more, full of red ſpots ſometimes, and at the joints very large winged leaves ſet at them, which are divided into many other winged leaves one ſet againſt the other, dented about the edges, of a ſad green colour, branched towards the top, where it is full of umbels of white flowers, and afterwards with whitiſh flat ſeed: The root is long, white, and ſometimes crooked, and hollow within. The whole plant, and every part, hath a ſtrong, heady, and ill-ſavoured ſcent, much offending the ſenſes.

*Place.*] It groweth in all counties of this land, by walls and hedge-ſides, in waſte grounds and untilled places.

*Time.*] It flowereth and ſeedeth in July, or thereabouts.

*Government and Virtues.*] Saturn claims dominion over this herb, yet I wonder why it may not be applied to the privities in a Priapiſm, or continual ſtanding of the yard, it being very beneficial to that diſeaſe: I ſuppoſe, my author's judgment was firſt upon the oppoſite diſpoſition of Saturn to Venus in thoſe faculties, and therefore he forbad

the applying of it to those parts, that it might not cause barrenness, or spoil the spirit procreative; which if it do, yet applied to the privities, it stops its lustful thoughts. Hemlock is exceedingly cold, and very dangerous, especially to be taken inwardly. It may safely be applied to inflammations, tumours, and swellings in any part of the body (save the privy parts) as also to St Anthony's fire, wheals, pushes, and creeping ulcers that arise of hot sharp humours, by cooling and repelling the heat; the leaves bruised and laid to the brow or forehead are good for their eyes that are red and swollen; as also to take away a pin and web growing in the eye; this is a tried medicine; Take a small handful of this herb, and half so much Bay salt, beaten together, and applied to the contrary wrist of the hand, for 24 hours, doth remove it in thrice dressing. If the root thereof be roasted under the embers, wrapped in double wet paper, until it be soft and tender, and then applied to the gout in the hands or fingers, it will quickly help this evil. If any through mistake eat the herb Hemlock instead of Parsley, or the roots instead of a Parsnip (both of which it is very like), whereby happeneth a kind of frenzy, or perturbation of the senses, as if they were stupid and drunk, the remedy is (as Pliny saith) to drink of the best and strongest pure wine, before it strikes to the heart, or gentian put in wine, or a draught of vinegar wherewith Tragus doth affirm, that he cured a woman that had eaten the root.

## Hemp.

THIS is so well known to every good housewife in the country, that I shall not need to write any description of it.

*Time.*] It is sown in the end of March, or beginning of April, and is ripe in August or September.

*Government and Virtues.*] It is a plant of Saturn, and good for something else, you see, than to make halters only. The seed of Hemp consumeth wind, and by too much use thereof disperseth it so much, that it drieth up the natural seed for procreation; yet, being boiled in milk, and taken, helpeth such as have a hot dry cry cough. The Dutch make an emulsion out of the seed, and give it with good success to

thoſe that have the jaundice, eſpecially in the beginning of the diſeaſe, if there be no ague accompanying it, for it openeth obſtructions of the gall, and cauſeth digeſtion of choler. The emulſion or decoction of the ſeed ſtayeth laſks and continual fluxes, eaſeth the colic, and allayeth the troubleſome humours in the bowels, and ſtayeth bleeding at the mouth, noſe, or other places, ſome of the leaves being fried with the blood of them that bleed, and ſo given them to eat. It is held very good to kill the worms in men or beaſts; and the juice dropped into the ears killeth worms in them; and draweth forth earwigs, or other living creatures gotten into them. The decoction of the root allayeth inflammations of the head, or any other parts: the herb itſelf, or the diſtilled water thereof, doth the like. The decoction of the roots eaſeth the pains of the gout, the hard humours of knots in the joints, the pains and ſhrinking of the ſinews, and the pains of the hips. The freſh juice mixed with a little oil and butter, is good for any place that hath been burnt with fire, being thereto applied.

## Henbane.

*Deſcript.* OUR common Henbane hath very large, thick, ſoft, woolly leaves, lying on the ground, much cut in, or torn on the edges, of a dark, ill greyiſh green colour; among which ariſe up divers thick and ſhort ſtalks, two or three feet high, ſpread into divers ſmall branches, with leſſer leaves on them, and many hollow flowers, ſcarce appearing above the huſk, and uſually torn on one ſide, ending in five round points, growing one above a nother, of a deadiſh yellowiſh colour, ſomewhat paler towards the edges, with many purpliſh veins therein, and of a dark, yellowiſh purple in the bottom of the flower, with a ſmall point of the ſame colour in the middle, each of them ſtanding in a hard cloſe huſk, which after the flowers is paſt, groweth very like the huſk of Aſarabacca, and ſomewhat ſharp at the top points, wherein is contained much ſmall ſeed, very like Poppy Seed, but of a duſky, greyiſh colour. The root is great, white, and thick, branching forth divers ways under ground, ſo like a Parſnip root (but that it is not ſo white) that it hath deceived others. The whole plant,

ore than the root, hath a very heavy, ill, soporiferous ell. somewhat offensive.

*Place.*] It commonly groweth by the way-sides, and un- r hedge-sides and walls.

*Time.*] It flowereth in July, and springeth again yearly its own seed. I doubt my authors mistook July for June, not for May.

*Government and Virtues.*] I wonder how astrologers ould take on them to make this an herb of Jupiter; and yet izaldus, a man of a penetrating brain, was of that opinion well as the rest; the herb is indeed under the dominion Saturn; and I prove it by this argument: All the herbs hich delight most to grow in Saturnine places are Satur- ne herbs. But Henbane delights most to grow in Satur- ne places, and whole cart loads of it may be found near the ices where they empty the common Jacks, and scarce a ch to be found without it growing by it. Ergo. it is an rb of Saturn. The leaves of Henbane do cool all hot lammations in the eyes, or any other part of the body; l are good to assuage all manner of swellings of the cods, women's breasts, or elsewhere, if they be boiled in wine, l either applied themselves, or the fomentation warm; it assuageth the pain of the gout, the sciatica, and other ns in the joints which arise from a hot cause. And ap- d with vinegar to the forehead and temples, helpeth the l ach and want of sleep in hot fevers. The juice of the or seed, or the oil drawn from the seed, does the like. oil of the seed is helpful for deafness, noise, and worms e ears, being dropped therein; the juice of the herb r doth the same. The decoction of the herb or seed, or , killeth lice in man or beast. The fume of the dried , stalks and seed, burned, quickly healeth swellings, lains or kibes in the hands or feet, by holding them in ume thereof. The remedy to help those that have Henbane is to drink goat's milk, honeyed water, e kernels, with sweet wine; or, in the absence of Fennel seed, Nettle seed, the seed of Cresses, Mus- or Radish; as also Onions or Garlick taken in wine,

do all help to free them from danger, and restore them to their due temper again.

Take notice, that this herb must never be taken inwardly; outwardly, an oil, ointment, or plaister of it is most admirable for the gout, to cool the venereal heat of the reins in the French pox; to stop the tooth-ach, being applied to the aking side; to allay all inflammations, and to help the diseases before premised.

## Hedge Hyssop.

*Descript.*] DIVERS sorts there are of this plant; the first of which is an Italian by birth, and only nursed up here in the gardens of the curious. Two or three sorts are found commonly growing wild here, the description of two of which I shall give you. The first is a smooth, low plant, not a foot high, very bitter in taste, with many square stalks, diversly branched from the bottom to the top, with divers joints, and two small leaves at each joint, broader at the bottom than they are at the end, a little dented about the edges, of a sad green colour, and full of veins. The flowers stand at the joints, being of a fair purple colour, with some white spots in them, in fashion like those of dead nettles. The seed is small and yellow, and the roots spread much under-ground.

The second seldom groweth half a foot high, sending up many small branches, whereon grow many small leaves, set one against the other, somewhat broad, but very short. The flowers are like the flowers of the other in fashion, but of a pale reddish colour. The seeds are small and yellowish, the root spreadeth like the other, neither will it yield to the fellow one ace of bitterness.

*Place.*] They grow in wet low grounds, and by the water-sides; the last may be found among the bogs on Hampstead Heath.

*Time.*] They flower in June and July, and the seed is ripe presently after.

*Government and Virtues.*] They are herbs of Mars, and as cholerick and churlish as he is, being most violent purges, especially of choler and phlegm. It is not safe taking them inwardly, unless they be well rectified by the art of the alchymist, and only the purity of them given; so used they may

be very helpful both for the dropsy, gout, and sciatica; outwardly used in ointments they kill worms, the belly anointed with it, and are excellent good to cleanse old and filthy ulcers.

## Black Hellebore.

IT is also called Setter-wort, Setter-grass, Bears-foot, Christmas-herb, and Christmas-flower.

*Descript.*] It hath sundry fair green leaves rising from the root, each of them standing about an handful high from the earth: each leaf is divided into seven, eight, or nine parts, dented from the middle of the leaf to the point on both sides, abiding green all the Winter; about Christmas-time, if the weather be any thing temperate, the flowers appear upon foot stalks, also consisting of five large, round, white leaves a piece, which sometimes are purple towards the edges, with many pale yellow thumbs in the middle; the seeds are divided into several cells, like those of Columbines, save only that they are greater; the seeds are in colour black, and in form long and round. The root consisteth of numberless blackish strings all united into one head. There is another Black Hellebore, which grows up and down in the woods very like this, but only that the leaves are smaller and narrower, and perish in the Winter, which this doth not.

*Place.*] The first is maintained in gardens. The second is commonly found in the woods in Northamptonshire.

*Time.*] The first flowereth in December or January; the second in February or March.

*Government and Virtues.*] It is an herb of Saturn, and therefore no marvel if it hath some sullen conditions with it, and would be far safer, being purified by the art of the alchymist than given raw. If any have taken any harm by taking it, the common cure is to take goat's milk: If you cannot get goat's milk, you must make a shift with such as you can get. The roots are very effectual against all melancholy diseases, especially such as are of long standing, as quartan agues and madness; it helps the falling sickness, the leprosy, both the yellow and black jaundice, the gout, sciatica, and convulsions; and this was found out by experience, that the root of that which groweth wild in our

country, works not so churlishly as those do which are brought from beyond sea, as being maintained by a more temperate air. The root used as a pessary, provokes the terms exceedingly; also being beaten into powder, and strewed upon foul ulcers, it consumes the dead flesh, and instantly heals them; nay, it will help gangreens in the beginning. Twenty grains taken inwardly is a sufficient dose for one time, and let that be corrected with half so much cinnamon; country people used to rowel their cattle with it. If a beast be troubled with a cough, or have taken any poison, they bore a hole through his ear, and put a piece of the root in it, this will help him in 24 hours time. Many other uses farriers put it to which I shall forbear.

HERB ROBERT.

*Descript.* ] IT riseth up with a reddish stalk two feet high, having divers leaves thereon upon very long and reddish foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented likewise about the edges, which sometimes turn reddish. At the tops of the stalks come forth divers flowers made of five leaves much larger than the dove's foot, and of a more reddish colour; after which come black heads, as in others. The root is small and thready, and smelleth as the whole plant, very strong, almost stinking.

*Place.* ] This groweth frequently every where by the way-sides, upon ditch banks and waste grounds wheresoever one goeth.

*Time.* ] It flowereth in June and July chiefly, and the seed is ripe shortly after.

*Government and Virtues.* ] It is under the dominion of Venus. Herb Robert is commended not only against the stone, but to stay blood; where or howsoever flowing; it speedily healeth all green wounds, and is effectual in old ulcers in the privy parts, or elsewhere. You may persuade yourself this is true, and also conceive a good reason for it, do but consider it is an herb of Venus, for all it hath a man's name.

HERB TRUE-LOVE, or ONE-BERRY.

*Descript.* ] ORDINARY Herb True-love hath a small creeping root running under the upper-

be[illegible]ne ground, somewhat like couch grass root, but [illegible], shooting forth stalks with leaves, some whereof [illegible] berries, the others do; every stalk smooth without [illegible], and blackish green, rising about half a foot high, if it bears berries, otherwise seldom so high, bearing at the top four leaves set directly one against another, in manner of a cross or ribband tied (as it is called) in a true-love knot, which are each of them apart somewhat like unto a nightshade leaf, but somewhat broader, having sometimes three leaves, sometimes five, sometimes six, and those sometimes greater than in others, in the middle of the four leaves riseth up one small slender stalk, about an inch high, bearing at the tops thereof one flower spread open like a star, consisting of four small and long narrow pointed leaves of a yellowish green colour, and four others lying between them lesser than they; in the middle whereof stands a round dark purplish button or head, compassed about with eight small yellow mealy threads with three colours, making it the more conspicuous, and lovely to behold. This button or head in the middle, when the other leaves are withered, becometh a blackish purple berry, full of juice, of the bigness of a reasonable grape, having within it many white seeds. The whole plant is without any manifest taste.

*Place.*] It groweth in woods and copses, and sometimes in the corners or borders of fields, and waste grounds in very many places of this land, and abundantly in the woods, copses, and other places about Chislehurst and Maidstone in Kent.

*Time.*] They spring up in the middle of April or May, and are in flower soon after. The berries are ripe in the end of May, and in some places in June.

*Government and Virtues.*] Venus owns it; the leaves or berries hereof are effectual to expel poison of all sorts, especially that of the aconites; as also the plague, and other pestilential diforders; Matthiolus saith, that some that have lain long in a lingering sickness, and others that by witchcraft (as it was thought) were become half fooliſh, by taking a dram of the seeds or berries hereof in powder every day for 20 days together, were restored to their former health. The roots in powder taken in wine easeth the pains of the colick

ſpeedily. The leaves are very effectual as well for green wounds, as to cleanſe and heal up filthy old ſores and ulcers; and is very powerful to diſcuſs all tumours and ſwellings in the cods, privy parts, the groin, or in any part of the body, and ſpeedily to allay all inflammations. The juice of the leaves applied to felons, or thoſe nails of the hands or toes that have impoſthumes or ſores gathered together at the roots of them, healeth them in a ſhort ſpace. The herb is not to be deſcribed for the premiſes, but is fit to be nouriſhed in every good woman's garden.

## Hyssop.

HYSSOP is ſo well known to be an inhabitant in every garden, that it will ſave me labour in writing a deſcription thereof. The virtues are as follow.

*Temperature and Virtues.*] The herb is Jupiter's, and the ſign Cancer. It ſtrengthens all the parts of the body under Cancer and Jupiter; which what they may be, is found amply diſcourſed in my aſtrological judgement of diſeaſes. Dioſcorides ſaith, that Hyſſop boiled with rue and honey, and drank, helpeth thoſe that are troubled with coughs, ſhortneſs of breath, wheezing and rheumatick diſtillations upon the lungs; taken alſo with oxymel, it purgeth groſs humours by ſtool; and with honey killeth worms in the belly; and with freſh and new figs bruiſed, helpeth to looſen the belly, and more forcibly if the root of Flower-de-luce and creſſes be added thereto. It amendeth and cheriſheth the native colour of the body, ſpoiled by the yellow jaundice; and being taken with figs and nitre, helpeth the dropſy and ſpleen; being boiled with wine, it is good to waſh inflammations, and taketh away the black and blue ſpots and marks that come by ſtrokes, bruiſes, or falls, being applied with warm water. It is an excellent medicine for the quinſy or ſwelling in the throat, to waſh and gargle it, being boiled in figs; it helpeth the tooth ach, being boiled in vinegar and gargled therewith. The hot vapours of the decoction taken by a funnel in at the ears, eaſeth the inflammations and ſinging noiſe of them. Being bruiſed, and ſalt, honey, and cummin ſeed put to it, helpeth thoſe that are ſtung by ſerpents. The oil thereof (the head being anointed) killeth lice, and taketh away itching of the head. It helpeth thoſe that

have the fallen ſickneſs, which way ſoever it be applied. It helpeth to expectorate rough phlegm, and is effectual in all cold griefs or diſeaſes of the cheſts or lungs, being taken either in ſyrup or licking medicine. The green herb bruiſed and a little ſugar put thereto, doth quickly heal any cut or green wound, being thereunto applied.

## Hops.

THESE are ſo well known that they need no deſcription; I mean the manured kind, which every good huſband or houſewife is aquainted with.

*Deſcript.*] This wild hop groweth up as the other doth, vamping upon trees or hedges, that ſtand next to them, with rough branches and leaves like the former, but it giveth ſmaller heads, and in far leſs plenty than it; ſo that there is ſcarce a head or two ſeen in a year on divers of this wild kind, wherein conſiſteth the chief difference.

*Place.*] They delight to grow in low moiſt grounds, and are found in all parts of this land.

*Time.*] They ſpring not up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

*Government and Virtues.*] It is under the dominion of Mars. This, in phyſical operations, is to open obſtructions of the liver and ſpleen, to cleanſe the blood, to looſen the belly, to cleanſe the reins from gravel, and provoke urine. The decoction of the tops of Hops, as well of the tame as the wild, worketh the ſame effects. In cleanſing the blood they help to cure the French diſeaſe, and all manner of ſcabs, itch, and other breakings out of the body; as alſo all tetters, ring-worms, and ſpreading ſores, the morphew and all diſcolouring of the ſkin. The decoction of the flowers and tops, doth help to expel poiſon that any one hath drank. Half a dram of the ſeed in powder taken in drink, killeth worms in the body, bringeth down women's courſes, and expelleth urine. A ſyrup made of the juice and ſugar, cureth the yellow jaundice, eaſeth the head-ach that comes of heat, and temperech the heat of the liver and ſtomach, and is profitably given in long and hot agues that riſe in choler and blood. Both the wild and the manured are of one property, and a-

like effectual in all the aforesaid diseases. By all these testimonies beer appears to be better than ale.

Mars owns the plant, and then Dr. Reason will tell you how it performs these actions.

## Horehound.

*Descript.*] Common Horehound groweth up with square hairy stalks, half a yard or two feet high, set at the joints with two round crumpled rough leaves of a sullen hoary green colour, of a reasonable good scent, but a very bitter taste. The flowers are small, white, and gaping, set in a rough, hard prickly husk round about the joints, with the leaves from the middle of the stalk upward, wherein afterward is found small round blackish seed. The root is blackish, hard, and woody, with many strings, and abideth many years.

*Place.*] It is found in many parts of this land, in dry grounds, and waste green places.

*Time.*] It flowereth in July, and the seed is ripe in August.

*Government and Virtues.*] It is an herb of Mercury. A decoction of the dried herb, with the seed, or the juice of the green herb taken with honey, is a remedy for those that are short-winded, have a cough, or are fallen into a consumption, either through long sickness, or thin distillations of rheum upon the lungs. It helpeth to expectorate tough phlegm from the chest, being taken from the roots of Iris or Orris. It is given to women to bring down their courses, to expel their after-birth, and to them that have sore and long travails; as also to those that have taken poison, or are stung or bitten by venomous serpents. The leaves used with honey, purge foul ulcers, stay running or creeping sores, and the growing of the flesh over the nails. It also helpeth pains of the sides. The juice thereof with wine and honey, helpeth to clear the eye-sight, and snuffed up into the nostrils, purgeth away the yellow jaundice, and with a little oil of roses dropped into the ears, easeth the pains of them. Galen saith, it openeth obstructions both of the liver and spleen, and purgeth the breast and lungs of phlegm; and used outwardly it both cleanseth and digesteth. A decoction of Horehound (saith Matthiolus) is available for those that have hard livers, and for such as

have itches and running tetters. The powder hereof taken, or the decoction, killeth worms. The green leaves bruised, and boiled in old hog's grease unto an ointment, healeth the biting of dogs, abateth the swellings and pains that come by any pricking of thorns, or such like means; and used with vinegar, cleanseth and healeth tetters. There is a syrup made of Horehound to be had at the apothecaries, very good for old coughs, to rid the tough phlegm; as also to void cold rheums from the lungs of old folks, and for those that are asthmatick or short-winded.

## HORSETAIL.

OF that there are many kinds, but I shall not trouble you nor myself with any large description of them, which to do, were but as the proverb is, To find a knot in a rush, all the kinds thereof being nothing else but knotted rushes, some with leaves and some without. Take the description of the most eminent sort as followeth.

*Descript.* ] The great Horsetail, at the first springing hath heads somewhat like those of asparagus, and after grow to be hard, rough, hollow stalks, jointed at sundry places up to the top, a foot high, so made as if the lower parts were put into the upper, where grow on each side a bush of small long rush like naked leaves, each part resembling a horse-tail, from whence it is so called. At the tops of the stalks come forth small catkins, like those of trees. The root creepeth under ground, having joints at sundry places.

*Place.* ] This (as most of the other sorts hereof) groweth in wet grounds.

*Time.* ] They spring up in April, and their blooming catkins in July, seeding for the most part in August, and then perish down to the ground, rising afresh in the Spring.

*Government and Virtues.* ] The herb belongs to Saturn, yet is very harmless, and excellent good for the things following: Horsetail, the smoother rather than the rough, and the leaved rather than the bare, is most physical. It is very powerful to staunch bleeding either inward or outward, the juice or the decoction thereof being drank, or the juice, decoction, or distilled water applied outwardly. It also stayeth all sorts of lasks and fluxes in man or woman, and the piles of blood; and healeth also not only the inward

ulcers, and the excoriation of the entrails, bladder, &c. but all other sorts of foul moist and running ulcers, and soon soldereth together the tops of green wounds. It cureth all ruptures in children. The decoction thereof in wine being drank, provoketh urine and helpeth the stone and strangury; and the distilled water thereof drank two or three times in a day, and a small quantity at a time, also easeth the entrails or guts, and is effectual against a cough that comes by distillation from the head. The juice or distilled water being warmed and hot inflammations, pustules or red wheals, and other breakings out in the skin, being bathed therewith, doth help them, and doth no less ease the swelling heat and inflammation of the fundament, or privy parts in men and women.

## Houseleek or Sengreen.

BOTH these are so well known to my countrymen, that I shall not need to write any description of them.

*Place.*] It groweth commonly upon walls and houses sides, and flowereth in July.

*Government and Virtues.*] It is an herb of Jupiter, and it is reported by Mezaldus, to preserve what it grows upon from fire and lightning. Our ordinary Houseleek is good for all inward heats as well as outward, and in the eyes or other parts of the body; a posset made with the juice of Houseleek, is singular good in all hot agues, for it cooleth and tempereth the blood and spirits, and quencheth the thirst: and also good to stay all hot defluctions or sharp and salt rheums in the eyes, the juice being dropped into them, or into the ears, helpeth them. It helpeth also other fluxes of humours in the bowels, and the immoderate courses of women. It cooleth and restraineth all other hot inflammations, St. Anthony's fire, scaldings and burnings, the shingles, fretting ulcers, cankers, tetters, ringworms, and the like; and much easeth the pain of the gout proceeding from an hot cause. The juice also taketh away warts and corns in the hands or feet, being often bathed therewith, and the skin and leaves being bound on them afterwards. It easeth also the headach, and distempered heat of the brain in frenzies, or through want of sleep, being applied to the temples and forehead. The leaves bruised and laid

upon the crown or seam of the head, stayeth bleeding at the nose very quickly. The distilled water of the herb is profitable for all the purposes aforesaid. The leaves being gently rubbed on any places stung with nettles or bees, doth quickly take away the pain.

## Hound's Tongue.

*Descript.* THE great ordinary Hound's Tongue hath many long and somewhat narrow, soft, hairy, darkish green leaves, lying on the ground, somewhat like unto Bugloss leaves, from amongst which riseth up a rough hairy stalk about two feet high, with some smaller leaves thereon, and branched at the tops into divers parts with a small leaf at the foot of every branch, which is somewhat long, with many flowers set along the same, which branch is crooked or writhed in wards before it flowereth, and openeth by degrees as the flowers doth blow, which consist of small purplish red leaves of a dead colour, rising out of the husks wherein they stand with some threads in the middle. It hath sometimes a white flower. After the flowers are past, there cometh rough flat seed, with a small pointle in the middle, easily cleaving to any garment that it toucheth, and not so easily pulled off again. The root is black, thick, and long, hard to break, and full of clammy juice, smelling somewhat strong, of an evil scent, as the leaves also do.

*Place.* It groweth in moist places of this land, in waste grounds, and untilled places, by highway sides, lanes and hedge sides.

*Time.* It floweth about May or June, and the seed is ripe shortly after.

*Government and Virtues.* It is a plant under the dominion of Mercury. The root is very effectually used in pills, as well as the decoction, or otherwise, to stay all sharp and thin defluctions of rheum from the head into the eyes or nose, or upon the stomach or lungs, as also for coughs and shortness of breath. The leaves boiled in wine (saith Dioscorides, but others do rather appoint it to be made with water, and do add thereto oil and salt) mollifieth or openeth the belly downwards. It also helpeth to cure the biting of a mad dog, some of the leaves being also applied

to the wound; The leaves bruised, or the juice of them boiled in hog's lard, and applied, helpeth falling away of the hair, which cometh of hot and sharp humours; as also for any place that is scalded or burnt; the leaves bruised and laid to any green wound doth heal it up quickly; the root baked under the embers, wrapped in pasle or wet paper, or in a wet double cloth, and thereof a suppository made, and put up into or applied to the fundament, doth very effectually help the painful piles or Hæmorrhoids. The distilled water of the herbs and roots is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore place, for it healeth all manner of wounds and punctures, and those foul ulcers that arise by the French pox. Mizaldus adds that the leaves laid under the feet, will keep the dogs from barking at you. It is called *Hound's tongue*, because it ties the tongues of hounds; whether true, or not, I never tried, yet I cured the biting of a mad dog with this only medicine.

## Holly, Holm, or Hulver Bush.

FOR to describe a tree so well known is needless.] *Government and Virtues.*] The tree is Saturnine. The berries expel wind, and therefore are held to be profitable in the colick. The berries have a strong faculty with them; for if you eat a dozen of them in the morning fasting, when they are ripe and not dried, they purge the body of gross and clammy phlegm; but if you dry the berries, and beat them into powder, they bind the body and stop fluxes, bloody fluxes, and the terms in women. The bark of the tree, and also the leaves, are excellent good, being used in fomentations for broken bones, and such members as are out of joint: it is said, the branches of the tree defend houses from lightning and men from witchcraft.

## St. John's Wort.

*Descript.*] COMMON St. John's Wort shooteth forth brownish, upright, hard, round stalks, two feet high, spreading many branches from the sides up to the tops of them, with two small leaves set one against another at every place, which are of a deep green colour, somewhat like the leaves of the lesser centaury, but narrow, and full of small holes in every leaf, which cannot be so well

well perceived as when they are held up to the light; at the tops of the ſtalks and branches ſtand yellow flowers of five leaves a-piece, with many yellow threads in the middle, which being bruiſed do yield a reddiſh juice like blood; after which come ſmall round heads, wherein is contained ſmall blackiſh ſeed ſmelling like roſin. The root is hard and woody, with divers ſtrings and fibres at it, of a brownish colour, which abideth in the ground many years, ſhooting anew every Spring.

*Place.*] This groweth in woods and copſes, as well thoſe that are ſhady, as open to the ſun.

*Time.*] They flower about Midſummer and July, and their ſeed is ripe in the latter end of July or Auguſt.

*Government and Virtues.*] It is under the celeſtial ſign Leo, and the dominion of the Sun. It may be, if you meet a Papiſt, he will tell you, eſpecially if he be a lawyer, that St John made it over to him by a letter of attorney. It is a ſingular wound herb; boiled in wine and drank, it healeth inward hurts or bruiſes; made into an ointment, it opens obſtructions, diſſolves ſwellings, and cloſes up the *lips* of wounds. The decoction of the herb and flowers, eſpecially of the ſeed, being drank in wine, with the juice of knot-graſs, helpeth all manner of vomiting and ſpitting of blood, is good for thoſe that are bitten or ſtung by any venomous creature, and for thoſe that cannot make water. Two drams of the ſeed of St John's Wort made into powder, and drank in a little broth, doth gently expel choler or congealed blood in the ſtomach. The decoction of the leaves and ſeeds drank ſomewhat warm before the fits of agues, whether they be tertians or quartans, alters the fits, and, by often uſing, doth take them quite away. The ſeed is much commended, being drank for many days together, to help the ſciatica, the falling-ſickneſs, and the palſy.

## IVY.

IT is ſo well known, to every child almoſt, to grow in woods upon the trees, and upon the ſtone walls of churches, houſes, &c. and ſometimes to grow alone of itſelf, though but ſeldom.

*Time.*] It flowereth not until July, and the berries are not ripe till Chriſtmas, when they have felt Winter frosts.

*Government and Virtues.*] It is under the dominion of Saturn. A pugil of the flowers, which may be about a dram, (saith Dioscorides) drank twice a day in red wine, helpeth the lask, and bloody flux. It is an enemy to the nerves and sinews, being much taken inwardly, but very helpful unto them, being outwardly applied. Pliny saith, the yellow berries are good against the jaundice; and taken before one be set to drink hard, preserveth from drunkenness, and helpeth those that spit blood; and that the white berries being taken inwardly, or applied outwardly, killeth the worms in the belly. The berries are a singular remedy to prevent the plague, as also to free them from it that have got it, by drinking the berries thereof made into a powder, for two or three days together. They being taken in wine, do certainly help to break the stone, provoke urine, and womens courses. The fresh leaves of Ivy, boiled in vinegar, and applied warm to the sides of those that are troubled with the spleen, ach, or stitch in the sides, do give much ease; The same applied with some Rose-water, and oil of Roses, to the temples and forehead, easeth the head-ach, though it be of long continuance. The fresh leaves boiled in wine, and old filthy ulcers hard to be cured washed therewith do wonderfully help to cleanse them. It also quickly healeth green wounds, and is effectual to heal all burnings and scaldings, and all kinds of exulcerations coming thereby, or by salt phlegm or humours in other parts of the body. The juice of the berries or leaves snuffed up into the nose, purgeth the head and brain of thin rheum that maketh defluxions into the eyes and nose, and curing the ulcers and stench therein; the same dropped into the ears, helpeth the old and running sores of them; those that are troubled with the spleen, shall find much ease by continual drinking out of a cup made of Ivy, so as the drink may stand some small time therein before it be drank. Cato saith, That wine put into such a cup, will soak through it, by reason of the antipathy that is between them.

There seems to be a very great antipathy between wine and Ivy; for if one hath got a surfeit by drinking of wine, his speediest cure is to drink a draught of the same wine

wherein a handful of Ivy leaves, being firſt bruiſed, have been boiled.

## Juniper Bush.

FOR we give a deſcription of a buſh ſo commonly known, is needleſs.

*Place.*] They grow plentifully in divers woods in Kent, Warney Common near Brentwood in Eſſex, upon Finchley Common without Highgate, hard by the New-found Well near Dulwich, upon a common between Mitcham and Croydon, in the Highgate near Amerſham in Buckinghamſhire, and many other places.

*Time.*] The berries are not ripe the firſt year but continue green two ſummers and one Winter before they are ripe; at which time they are all of a black colour, and therefore you ſhall always find upon the buſh green berries; the berries are ripe about the fall of the leaf.

*Government and Virtues.*] This admirable ſolar ſhrub is ſcarce to be paralleled for its virtues. The berries are hot in the third degree, and dry but in the firſt; being a moſt admirable counter-poiſon, and as great a reſiſter of the peſtilence, as any grows; they are excellent good againſt the bitings of venomous beaſts, they provoke urine exceedingly, and therefore are very available to dyſuries and ſtrangories. It is ſo powerful a remedy againſt the dropſy, that the very lee made of the aſhes of the herb being drank, cures the diſeaſe. It provokes the terms, helps the fits of the mother, ſtrengthens the ſtomach exceedingly, and expels the wind. Indeed there is ſcarce a better remedy for wind in any part of the body, or the colic, than the chymical oil drawn from the berries; ſuch country people as know not how to draw the chymical oil, may content themſelves by eating ten or a dozen of the ripe berries every morning faſting. They are admirable good for a cough, ſhortneſs of breath, and conſumption, pains in the belly, ruptures, cramps, and convulſions. They give ſafe and ſpeedy delivery to women with child; they ſtrengthen the brain exceedingly, help the memory, and fortify the ſight by ſtrengthening the optic nerves; are excellent good in all ſorts of agues; help the gout and ſciatica, and ſtrengthen all the limbs of the body. The aſhes of the wood is a ſpeedy remedy to ſuch

as have the ſcurvy, to rub their gums with. The berries ſlay all fluxes, help the hæmorrhoids or piles, and kill worms in children. A lee made of the aſhes of the wood, and the body bathed with it, cures the itch, ſcabs and leproſy. The berries break the ſtone, procure appetite when it is loſt, and are excellent good for all palſies, and falling-ſickneſs.

## KIDNEYWORT, or WALL PENNYROYAL, or WALL PENNYWORT.

*Deſcript.* IT hath many thick, flat, and round leaves growing from the root, every one having a long footſtalk faſtened underneath, about the middle of it, and a little unevenly weaved ſometimes about the edges, of a pale green colour, and ſomewhat yellow on the upper ſide like a ſaucer; from among which ariſe one or more tender, ſmooth, hollow ſtalks half a foot high, with two or three ſmall leaves thereon, uſually not round as thoſe below, but ſomewhat long, and divided at the edges; the tops are ſomewhat divided into long branches, bearing a number of flowers, ſet round about a long ſpike one above another, which are hollow and like a little bell of a whitiſh green colour, after which come ſmall heads, containing very ſmall browniſh ſeed, which falling on the ground, will plentifully ſpring up before Winter, if it have moiſture. The root is round and moſt uſually ſmooth, greyiſh without and white within, having ſmall fibres at the head of the root, and bottom of the ſtalk.

*Place.* It groweth very plentifully in many places of this land, but eſpecially in all the weſt parts thereof, upon ſtone and mud walls, upon rocks alſo, and in ſtony places upon the ground, at the bottom of old trees, and ſometimes on the bodies of them that are decayed and rotten.

*Time.* It uſually flowereth in the beginning of May, and the ſeed ripeneth quickly after, ſheddeth itſelf; ſo that about the end of May, uſually the leaves and ſtalks are withered, dry, and gone until September, that the leaves ſpring up again, and ſo abide all Winter.

*Government and Virtues.* Venus challengeth the herb under Libra. The juice or the diſtilled water being drank,

is very effectual for all inflammations and unnatural heat, to cool a fainting hot ſtomach, a hot liver, or the bowels; the herb, juice, or diſtilled water thereof, outwardly applied, healeth pimples, St Anthony's fire, and other outward heats. The ſaid juice or water helpeth to heal ſore kidneys, torn or fretted by the ſtone, or exulcerated within; it alſo provoketh urine, is available for the dropſy, and helpeth to break the ſtone. Being uſed as a bath, or made into an ointment, it cooleth the painful piles or hæmorrhoidal veins. It is no leſs effectual to give eaſe to pains of the hot gout, the ſciatica, and the inflammations and ſwellings in the cods; it helpeth the kernels or knots in the neck or throat, called the king's evil; healing kibes and chilblains if they be bathed with the juice, or anointed with ointment made thereof, and ſome of the ſkin of the leaf upon them; it is alſo uſed in green wounds to ſtay the blood, and to heal them quickly.

KNAPWEED.

*Deſcript.*] THE common ſort hereof hath many long and ſomewhat broad dark green leaves, riſing from the root, dented about the edges, and ſometimes a little rent or torn on both ſides in two or three places, and ſomewhat hairy withal; amongſt which ariſeth a long round ſtalk, four or five feet high, divided into many branches, at the tops whereof ſtand great ſcaly green heads, and from the middle of them thruſt forth a number of dark purpliſh red thrumbs or threads, which after they are withered and paſt, there are found divers black ſeeds, lying in a great deal of down, ſomewhat like unto Thiſtle ſeed, but ſmaller; the root is white, hard and woody, and divers fibres annexed thereunto, which periſheth not, but abideth with leaves thereon all the Winter, ſhooting out freſh every ſpring.

*Place.*] It groweth in moſt fields and meadows, and about their borders and hedges, and in many waſte grounds alſo every where.

*Time.*] It uſually flowereth in June and July, and the ſeed is ripe ſhortly after.

*Government and Virtues.*] Saturn challengeth the herb for his own. This Knapweed helpeth to ſtay fluxes, both of blood at the mouth or noſe, or other outward parts, and

those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stayeth distillations of thin and sharp humours from the head upon the stomach and lungs; it is good for those that are bruised by any fall, blows or otherwise, and is profitable for those that are bursten, and have ruptures, by drinking the decoction of the herb and roots in wine, and applying the same outwardly to the place. It is singularly good in all running sores, cancerous and fistulous, drying up of the moisture, and healing them up gently, without sharpness; it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the uvula and jaws, and excellent good to stay bleeding, and heal up all green wounds.

## Knotgrass.

IT is generally known so well that it needeth no description.

*Place.*] It groweth in every county of this land, by the highway side, and by foot-paths in fields; as also by the sides of old walls.

*Time.*] It springeth up late in the Spring, and abideth until the Winter, when all the branches perish.

*Government and Virtues.*] Saturn seems to me to own the herb, and yet some hold the sun; out of doubt 'tis Saturn. The juice of the common kind of Knotgrass is most effectual to stay bleeding of the mouth, being drank in steeled or red wine; and the bleeding at the nose, to be applied to the forehead or temples, or to be squirted up into the nostrils. It is no less effectual to cool and temper the heat of the blood and stomach, and to stay any flux of the blood and humours, as lasks, bloody-flux, womens courses, and running of the reins. It is singular good to provoke urine, help the strangury, and allayeth the heat that cometh thereby; and is powerful by urine to expel the gravel or stone in the kidneys and bladder, a dram of the powder of the herb being taken in wine for many days together: Being boiled in wine and drank, it is profitable to those that are stung or bitten by venomous creatures, and very effectual to stay all defluxions of rheumatick humours upon the stomach, and killeth worms in the belly or stomach,

quieteth inward pains that arise from the heat, sharpness and corruption of blood and choler. The distilled water hereof taken by itself or with the powder of the herb or seed, is very effectual to all the purposes aforesaid, and is accounted one of the most sovereign remedies to cool all manner of inflammations, breaking out through heat, hot swellings and impostumes, gangrene and fistulous cankers, or foul filthy ulcers, being applied or put into them; but especially for all sorts of ulcers and sores happening in the privy parts of men and women. It helpeth all fresh and green wounds, and speedily healeth them. The juice dropped into the ears, cleanseth them being foul, and having running matter in them.

It is very prevalent for the premises; as also for broken joints and ruptures.

## Ladies-Mantle.

*Descript.*] IT hath many leaves rising from the root & standing upon long hairy foot-stalks, being almost round, and a little cut on the edges, into eight or ten parts, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as it were folded or plaited at first, and then crumpled in divers places, and a little hairy, as the stalk is also, which riseth up among them to the height of two or three feet; and being weak, is not able to stand upright, but bendeth to the ground, divided at the top into two or three small branches, with small yellowish green heads, and flowers of a whitish colour breaking out of them; which being past, there cometh a small yellowish seed like a poppy seed: The root is somewhat long and black, with many strings and fibres thereat.

*Place.*] It groweth naturally in many pastures and wood sides, in Hertfordshire, Wiltshire, and Kent, and other places of this land.

*Time.*] It flowereth in May and June, abideth after seed-time green all the Winter.

*Government and Virtues.*] Venus claims the herb as her own. Ladies-Mantle is very proper for those wounds that have inflammations, and is very effectual to stay bleeding, vomitings, fluxes of all sorts, bruises by falls or otherwise,

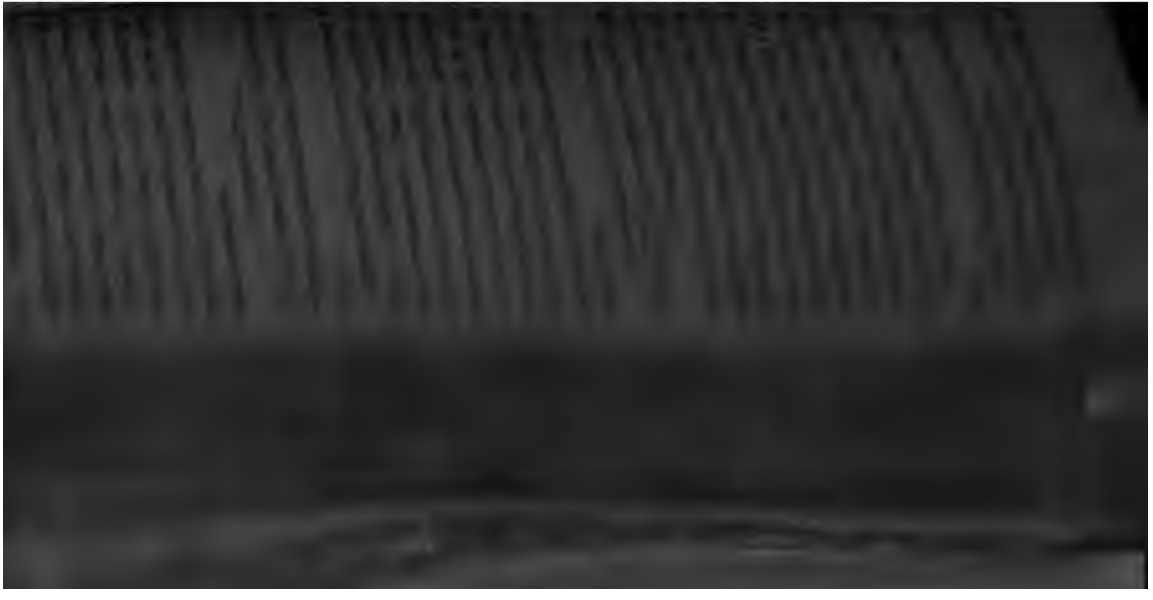
and helpeth ruptures; and ſuch women or maids as have over great flagging breaſts, cauſing them to grow leſs and hard, being both drank and outwardly applied; the diſtilled water drunk for 20 days together helpeth conception, and to retain birth; if the woman do ſometimes alſo ſit in a bath made of the decoction of the herb. It is one of the moſt ſingular wound herbs that is, and therefore highly prized and praiſed by the Germans, who uſe it in all wounds inward and outward, to drink a decoction thereof, and waſh the wounds therewith, or dip tents therein, and put them into the wounds which wonderfully drieth up all humidity of the ſores and abateth inflammations therein. It quickly healeth all green wounds, not ſuffering any corruption to remain behind, and cureth all old ſores, though fiſtulous and hollow.

## Lavender.

BEING an inhabitant almoſt in every garden, it is ſo well known, that it needeth no deſcription.

*Time.*] It flowereth about the end of June, and beginning of July.

*Government and Virtues.*] Mercury owns the herb, and it carries his effects very potently. Lavender is of a ſpecial good uſe for all the griefs and pains of the head and brain that proceed of a cold cauſe, as the apoplexy, falling-ſickneſs, the dropſy, or ſluggiſh malady, cramps, convulſions, palſies, and often faintings. It ſtrengthens the ſtomach, and freeth the liver and ſpleen from obſtructions, provoketh womens courſes and expelleth the dead child and after-birth. The flowers of Lavender ſteeped in wine, helpeth them to make water that are ſtopped, or are troubled with the wind or colick, if the place be bathed therewith. A decoction made with the flowers of Lavender, Hore-hound, Fennel, and Aſparagus root, and a little Cinnamon, is very profitably uſed to help the falling ſickneſs, and the giddineſs or turning of the brain; to gargle the mouth with the decoction thereof, is good againſt the tooth-ach. Two ſpoonfuls of the diſtilled water of the flowers taken, helpeth them that have loſt their voice, as alſo the tremblings and paſſions of the heart, and faintings, and ſwooning, not only being drank, but applied to



...; they are excellent good for the ſcurvy; ... urine, and break the ſtone, and excellently ... and weak ſtomach, reſtoring loſt appetite, and ...

## Lettuce.

... known, being generally uſed as a Sallet-herb, ... altogether needleſs to write any deſcription ...

*... and Virtues.*] The Moon owns them, and ... ſon they cool and moiſten what heat and dry- ... ſieth, becauſe Mars hath his fall in Cancer; ... the heat becauſe the Sun rules it, between ... Moon is a reception in the generation of ... may ſee in my guide for women. The juice ... mixed or boiled with Oil of Roſes, applied to ... and temples procureth ſleep, and eaſeth the ... ceeding of an hot cauſe; Being eaten boiled, ... ſoſten the belly. It helpeth digeſtion, quench- ... creaſeth milk in nurſes, eaſeth griping pains in ... the bowels, that come of choler. It abateth bo- ... preſſeth venerous dreams, being outwardly ap- ... ods with a little Camphire. Applied in the ... to the region of the heart, liver or reins, or ... the ſaid place with the juice of diſtilled water, ... white Sanders, or red Roſes are put; alſo it ... preſſeth the heat and inflammations therein, but ... ſtrengthens thoſe parts, and alſo tempereth the ... Galen adviſeth old men to uſe it with ſpice; ... ſpices are wanting, to add mints, rocket, and ... herbs, or elſe citron, lemon, or orange-ſeeds, ... cold of one and heat of the other. The ſeed ... water of the Lettuce work the ſame effects in ... but the uſe of Lettuce is chiefly forbidden to ... are ſhort-winded, or have any imperfection in the ... ſpit blood.

## Water Lily.

... ſe there are two principally noted kinds, *viz.* ... White, and the Yellow.

...] The White Lily hath very large and thick ... leaves lying on the water, ſuſtained by long and

the temples or noſtrils to be ſmelt unto; but it is not ſafe to uſe it where the body is replete with blood and humours, becauſe of the hot and ſubtil ſpirits wherewith it is poſſeſſed. The chymical oil drawn from Lavender uſually called Oil of Spike, is of ſo fiery and piercing a quality, that it is cautiouſly to be uſed, ſome few drops being ſufficient, to be given with other things, either for inward or outward griefs.

### Lavender-Cotton.

IT being a common garden herb, I ſhall forbear the deſcription, only take notice, that it flowereth in June and July.

*Government and Virtues.*] It is under the dominion of Mercury. It reſiſteth poiſon, putrefaction, and heals the bitings of venomous beaſts: A dram of the powder of the dried leaves taken every morning faſting, ſtops the running of the reins in men, and whites in women. The ſeed beaten into powder, and taken as worm-ſeed, kills the worms, not only in children, but alſo in people of riper years: the like doth the herb itſelf, being ſteeped in milk, and the milk drank; the body bathed with the decoction of it, helps ſcabs and itch.

### Ladies Smock, or Cuckow-Flowers.

*Deſcript.*] THE root is compoſed of many ſmall white threads, from whence ſpring up divers long ſtalks of winged leaves, conſiſting of round, tender, dark, green leaves, ſet one againſt another upon a middle rib, the greateſt being at the end, amongſt which ariſe up divers tender, weak round, green ſtalks, ſomewhat ſtreaked, with longer and ſmaller leaves upon them; on the tops of which ſtand flowers, almoſt like the Stock Gilliflowers, but rounder, and not ſo long, of a bluſhing, white colour; the ſeed is reddiſh, and groweth to ſmall bunches, being of a ſharp biting taſte, and ſo hath the herb.

*Place.*] They grow in moiſt places, and near to brookſides.

*Time.*] They flower in April and May, and the lower leaves continue green all the Winter.

*Government and Virtues.*] They are under the dominion of the Moon, and very little inferior to Water Creſſes in all

their operations; they are excellent good for the scurvy; they provoke urine, and break the stone, and excellently warm a cold and weak stomach, restoring lost appetite, and help digestion.

## Lettuce.

IT is so well known, being generally used as a Sallet-herb, that it is altogether needless to write any description thereof.

*Government and Virtues.*] The Moon owns them, and that is the reason they cool and moisten what heat and dryness Mars causeth, because Mars hath his fall in Cancer; and they cool the heat because the Sun rules it, between whom and the Moon is a reception in the generation of man, as you may see in my guide for women. The juice of Lettuce mixed or boiled with Oil of Roses, applied to the forehead and temples procureth sleep, and easeth the head-ach proceeding of an hot cause; Being eaten boiled, it helpeth to loosen the belly. It helpeth digestion, quencheth thirst, increaseth milk in nurses, easeth griping pains in the stomach or bowels, that come of choler. It abateth bodily lust, represseth venerous dreams, being outwardly applied to the cods with a little Camphire. Applied in the same manner to the region of the heart, liver or reins, or by bathing the said place with the juice of distilled water, wherein some white Sanders, or red Roses are put; also it not only represseth the heat and inflammations therein, but comforts and strengthens those parts, and also tempereth the heat of urine. Galen adviseth old men to use it with spice; and where spices are wanting, to add mints, rocket, and such like hot herbs, or else citron, lemon, or orange-seeds, to abate the cold of one and heat of the other. The seed and distilled water of the Lettuce work the same effects in all things; but the use of Lettuce is chiefly forbidden to those that are short-winded, or have any imperfection in the lungs, or spit blood.

## Water Lily.

OF these there are two principally noted kinds, *viz.* the White, and the Yellow.

*Descript.*] The White Lily hath very large and thick dark green leaves lying on the water, sustained by long and

thick foot-ſtalks, that riſe from a great, thick, round, and long tuberous black root, ſpongy or looſe with many knobs thereon, like eyes, and whitiſh within; from amidſt which riſe other the like thick green ſtalks, ſuſtaining one large great flower thereon, green on the outſide, but as white as ſnow within, conſiſting of divers rows of long and ſomewhat thick and narrow leaves, ſmaller and thinner the more inward they be, encompaſſing a head with many yellow threads or thrums in the middle; where, after they are paſt, ſtand round Poppy-like heads, full of broad oily and bitter ſeed.

The yellow kind is little different from the former, ſave only that it hath fewer leaves on the flowers, greater and more ſhining ſeed, and a whitiſh root, both within and without. The root of both is ſomewhat ſweet in taſte.

*Place.*] They are found growing in great pools, and ſtanding waters, and ſometimes in ſlow running rivers, and leſſer ditches of water, in ſundry places of this land.

*Time.*] They flower moſt commonly about the end of May, and their ſeed is ripe in Auguſt.

*Government and Virtues.*] The herb is under the dominion of the Moon, and therefore cools and moiſtens like the former. The leaves and flowers of the Water Lilies are cold and moiſt, but the roots and ſeeds are cold and dry; the leaves do cool all inflammations, both outward and inward heat of agues; and ſo doth the flowers alſo, either by the ſyrup or conſerve; the ſyrup helpeth much to procure reſt, and to ſettle the brain of frantick perſons, by cooling the hot diſtemperature of the head. The ſeed as well as the root is effectual to ſtay fluxes of blood or humours, either of wounds, or of the belly; but the roots are moſt uſed, and more effectual to cool, bind, and reſtrain all fluxes in man or woman; alſo running of the reins, and paſſing away of the ſeed when one is aſleep; but the frequent uſe hereof extinguiſheth venereous actions. The root is like wiſe very good for thoſe whoſe urine is hot and ſharp, to be boiled in wine and water, and the decoction drank. The diſtilled water of the flowers is very effectual for all the diſeaſes aforeſaid, both inwardly taken, and outwardly applied; and is much commended to take away freckles, ſpots, ſunburn, and

morphew from the face, or other parts of the body. The oil made of the flowers, as oil of Roses is made, is profitably used to cool hot tumours, and to ease the pains, and help the sores.

## Lily of the Valley.

CALLED also Conval Lily, Male Lily, and Lily Constancy.

*Descript.*] The root is small, and creepeth far in the ground, as grass roots do. The leaves are many, against which, riseth up a stalk half a foot high, with many white flowers like little bells, with turned edges, of a strong, though pleasing smell; the berries are red, not much unlike those of Asparagus.

*Place.*] They grow plentifully upon Hampsteed-Heath, and many other places in this nation.

*Time.*] They flower in May, and the seed is ripe in September.

*Temperature and Virtues.*] It is under the dominion of Mercury, and therefore it strengthens the brain, recruits a weak memory and makes it strong again; The distilled water dropped into the eyes, helps inflammations there; as also that infirmity which they call a pin and web. The spirit of the flowers distilled in wine, restoreth lost speech, helps the palsy, and is exceeding good in the apoplexy, comforteth the heart and vital spirits. Gerrard saith, that the flowers being close stopped up in a glass, put into an ant hill, and taken away again a month after, ye shall finda liquor in the glass, which being outwardly applied, helps the gout.

## White Lilies.

IT were in vain to describe a plant so commonly known in every one's garden; therefore I shall not tell you what they are, but what they are good for.

*Government and Virtues.*] They are under the dominion of the Moon, and by antipathy to Mars expel poison; they are excellent good in pestilential fevers, the roots being bruised and boiled in wine and the decoction drank; for it expels the venom to the exterior parts of the body: The juice of it being tempered with barley meal, baked, and so eaten for ordinary bread is an excellent cure for the dropsy: An ointment made of the root, and hog's grease, is

excellent good for ſcald heads, unites the ſinews when they are cut, and cleanſes ulcers. The root boiled in a convenient decoction gives ſpeedy delivery to women in travail, and expels the after-birth. The root roaſted, and mixed with a little hog's greaſe, makes a gallant poultice to ripen and break plague ſores. The ointment is excellent good for ſwellings in the privities, and will cure burnings and ſcaldings without a ſcar, and trimly deck a blank place with hair.

## Liquorice.

*Deſcript.*] OUR Engliſh Liquorice riſeth up with divers woody ſtalks, whereon are ſet at ſeveral diſtances many narrow long green leaves, ſet together on both ſides of the ſtalk, and an odd one at the end, very well reſembling a young aſh-tree ſprung up from the ſeed. This by many years continuance in a place without removing, and not elſe, will bring forth flowers, many ſtanding together ſpike faſhion, one above another upon the ſtalk, of the form of peaſe bloſſoms, but of a very pale blue colour, which turn into long, ſomewhat flat and ſmooth cods, wherein is contained a ſmall, round, hard ſeed: The roots run down exceeding deep into the ground, with divers other ſmall roots and fibres growing with them, and ſhoot out ſuckers from the main roots all about, whereby it is much increaſed, of a brownish colour on the outſide, and yellow within.

*Place.*] It is planted in fields and gardens, in divers places of this land, and therof good profit is made.

*Government and Virtues.*] It is under the dominion of Mercury. Liquorice boiled in fair water, with ſome Maiden-hair and figs, maketh a good drink for thoſe that have a dry cough or hoarſeneſs, wheezing or ſhortneſs of breath, and for all the griefs of the breaſts and lungs, phthyſick or conſumptions cauſed by the diſtillation of ſalt humours on them. It is alſo good in all pains of the reins, the ſtrangury and heat of urine: The fine powder of Liquorice, blown through a quill into the eyes that have a pin and web (as they call it) or rheumatick diſtillations in them, doth cleanſe and help them: The juice of Liquorice is as effectual in all the diſeaſes of the breaſt and lungs, the reins and

e bladder, as the decoction. The juice distilled in Rose-ater, with some gum tragacanth, is a fine licking medicine r hoarseness, wheezing, &c.

LIVERWORT.

*Descript.*] COMMON Liverwort groweth close, and spreadeth much upon the ground in moist d shady places with many small green leaves, or rather as it were) sticking flat to one another, very unevenly cut n on the edges and crumpled; from among which arise nall slender stalks, an inch or two high at most, bearing mall star-like flowers at the top; the roots are very fine d small.

*Government and Virtues.*] It is under the dominion of Jupiter, and under the sign Cancer. It is a singular good erb for all the diseases of the liver, both to cool and leanse it, and helpeth the inflammations in any part, and he yellow jaundice likewise: Being bruised and boiled in small beer, and drank, it cooleth the heat of the liver and idneys, and helpeth the running of the reins in men, and he whites in women; it is a singular remedy to stay the preading of tetters, ringworms, and other fretting and unning sores and scabs, and is an excellent remedy for uch whose livers are corrupted by surfeits, which cause heir bodies to break out, for it fortifieth the liver exceed-ngly, and makes it impregnable.

LOOSESTRIFE or WILLOWHERB.

*Descript.*] COMMON yellow Loosestrife groweth to be four or five feet high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops into great and long branches, on all which at the joints there grow long and narrow leaves, not broader below, and usually two at a joint, yet sometimes three or four, somewhat like willow leaves, smooth n the edges, and of a fair green colour from the upper joints of the branches, and at the tops of them also stand many yellow flowers of five leaves a-piece, with divers yellow threads in the middle, which turn into small round heads, containing small cornered seeds; the root creepeth under ground, almost like couch-grass, but greater, and shooteth up every Spring brownish heads, which afterward

quieteth inward pains that arise from the heat, sharpness and corruption of blood and choler. The distilled water hereof taken by itself or with the powder of the herb or seed, is very effectual to all the purposes aforesaid, and is accounted one of the most sovereign remedies to cool all manner of inflammations, breaking out through heat, hot swellings and impostumes, gangrene and fistulous cankers, or foul filthy ulcers, being applied or put into them; but especially for all sorts of ulcers and sores happening in the privy parts of men and women. It helpeth all fresh and green wounds, and speedily healeth them. The juice dropped into the ears, cleanseth them being foul, and having running matter in them.

It is very prevalent for the premises; as also for broken joints and ruptures.

## Ladies-Mantle.

*Descript.*] IT hath many leaves rising from the root & standing upon long hairy foot-stalks, being almost round, and a little cut on the edges, into eight or ten parts, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as it were folded or plaited at first, and then crumpled in divers places, and a little hairy, as the stalk is also, which riseth up among them to the height of two or three feet; and being weak, is not able to stand upright, but bendeth to the ground, divided at the top into two or three small branches, with small yellowish green heads, and flowers of a whitish colour, breaking out of them; which being past, there cometh a small yellowish seed like a poppy seed: The root is somewhat long and black, with many strings and fibres thereat.

*Place.*] It groweth naturally in many pastures and wood sides, in Hertfordshire, Wiltshire, and Kent, and other places of this land.

*Time.*] It flowereth in May and June, abideth after seed-time green all the Winter.

*Government and Virtues.*] Venus claims the herb as her own. Ladies-Mantle is very proper for those wounds that have inflammations, and is very effectual to stay bleeding, vomitings, fluxes of all sorts, bruises by falls or otherwise,

and helpeth ruptures; and such women or maids as have over great flagging breasts, causing them to grow less and hard, being both drank and outwardly applied; the distilled water drank for 20 days together helpeth conception, and to retain the birth; if the woman do sometimes also sit in a bath made of the decoction of the herb. It is one of the most singular wound herbs that is, and therefore highly prized and praised by the Germans, who use it in all wounds inward and outward, to drink a decoction thereof, and wash the wounds therewith, or dip tents therein, and put them into the wounds which wonderfully drieth up all humidity of the sores and abateth inflammations therein. It quickly healeth all green wounds, not suffering any corruption to remain behind, and cureth all old sores, though fistulous and hollow.

## Lavender.

BEING an inhabitant almost in every garden, it is so well known, that it needeth no description.

*Time.*] It flowereth about the end of June, and beginning of July.

*Government and Virtues.*] Mercury owns the herb, and it carries his effects very potently. Lavender is of a special good use for all the griefs and pains of the head and brain that proceed of a cold cause, as the apoplexy, falling-sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings. It strengthens the stomach, and frees the liver and spleen from obstructions, provoketh womens courses and expelleth the dead child and after-birth. The flowers of Lavender steeped in wine, helpeth them to make water that are stopped, or are troubled with the wind or colick, if the place be bathed therewith. A decoction made with the flowers of Lavender, Hore-hound, Fennel, and Asparagus root, and a little Cinnammon, is very profitably used to help the falling sickness, and the giddiness or turning of the brain; to gargle the mouth with the decoction thereof, is good against the tooth-ach. Two spoonfuls of the distilled water of the flowers taken, helpeth them that have lost their voice, as also the tremblings and passions of the heart, and faintings, and swooning, not only being drank, but applied to

## MAIDEN-HAIR.

*Descript.*] OUR common Maiden-Hair doth, from a number of hard black fibres, send forth a great many blackish shining brittle stalks, hardly a span long, in many not half so long, on each side set very thick with small, round, dark, green leaves, and spitted on the back of them like a fern.

*Place.*] It groweth upon old stone walls in the West parts, in Kent, and divers other places of this land; it delighteth likewise to grow by springs, wells, and rocky moist and shady places, and is always green.

## WALL RUE, or, White Maiden-Hair.

*Descript.*] THIS hath very fine pale, green stalks, almost as fine as hairs, set confusedly with divers pale green leaves on very short foot stalks, somewhat near unto the colour of garden Rue, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

*Place.*] It groweth in many places of this land, at Dartford, and the bridge at Ashford in Kent, at Beaconsfield in Buckinghamshire, at Wolly in Huntingdonshire, on Framingham Castle in Suffolk, on the church walls at Mayfield in Sussex, in Somersetshire, and divers other places of this land; and is green in Winter as well as Summer.

*Government and Virtues.*] Both this and the former are under the dominion of Mercury, and so is that also which followeth after, and the virtue of both this are so near alike, that though I have described them and their places of growing severally, yet I shall, in writing the virtues of them, join them both together as followeth:

The decoction of the herb Maiden-Hair being drank, helpeth those that are troubled with the cough, shortness of breath, the yellow jaundice, diseases of the spleen, stopping of urine, and helpeth exceedingly to break the stone in the kidneys, (in all which diseases the Wall Rue is also very effectual.) It provoketh womens courses, and stays both bleedings and fluxes of the stomach and belly, especially when the herb is dry; for being green, it looseneth the belly, and voideth choler and phlegm from the stomach and liver; it cleanseth the lungs and by rectifying

at flow to ulcers, and hinder their healing, as also to wash all other ulcers in the privy parts of a man or woman. It is an excellent remedy boiled in beer for broken-winded horses.

MADDER.

*Descript.*] GARDEN Madder shooteth forth many very long, weak, four-square reddish stalks, trailing on the ground a great way, very rough or hairy, and full of joints: At every one of these joints come forth divers long and narrow leaves, standing like a star about the stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow flowers, after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The root is not very great but exceeding long, running down half a man's length into the ground, red and very clear while it is fresh, spreading divers ways.

*Place.*] It is only manured in gardens, or larger fields, for the profit that is made thereof.

*Time.*] It flowereth towards the end of Summer, and the seed is ripe quickly after.

*Government and Virtues.*] It is an herb of Mars. It hath an opening quality, and afterward to bind and strengthen. It is a sure remedy for the yellow jaundice, by opening the obstructions of the liver and gall, and cleansing those parts; it openeth also the obstructions of the spleen, and diminisheth the melancholy humour: It is available for the palsy and sciatica, and effectual for bruises inward and outward, and is therefore much used in vulnerary drinks. The root for all those aforesaid purposes, is to be boiled in wine or water, as the cause requireth, and some honey and sugar put thereunto afterwards. The seed hereof taken in vinegar and honey, helpeth the swelling and hardness of the spleen. The decoction of the leaves and branches is a good fomentation for women to sit over that have not their courses. The leaves and roots beaten and applied to any part that is discoloured with freckles, morphew, the white scurf, or any such deformity of the skin, cleanseth thoroughly, and taketh them away.

very pliant, tough, and being like liquorice, of a whitish yellow colour on the outside, and more white within, full of slimy juice, which being laid in water, will thicken, as if it were a jelly.

*Place.*] The common Mallows grow in every county of this land. The common Marshmallows in most of the salt marshes, from Woolwich down to the sea, both on the Kentish and Essex shores, and in divers other places of this land.

*Time.*] They flower all the Summer months, even until the Winter do pull them down.

*Government and Virtues.*] Venus owns them both. The leaves of either of the sorts before specified, and the roots also boiled in wine or water, or in broth with parsley or fennel roots, do help to open the body, and are very convenient in hot agues, or other distempers of the body, to apply the leaves so boiled warm to the belly. It not only voideth hot, cholerick, and other offensive humours, but easeth the pains and torments of the belly coming thereby; and are therefore used in all clysters conducing to those purposes. The same used by nurses, procureth them store of milk. The decoction of the seed of any of the common Mallows made in milk or wine, doth marvellously help excoriations, the phthisic, pleurisy, and other diseases of the chest and lungs, that proceed of hot causes, if it be continued taking for some time together. The leaves and roots work the same effects. They help much also in the excoriations of the guts and bowels, and hardness of the mother, and in all hot and sharp diseases thereof. The juice drank in wine, or the decoction of them therein, doth help women to a speedy and easy delivery. Pliny saith, that whosoever shall take a spoonful of any of the Mallows, shall that day be free from all diseases that may come unto him; and that it is special good for the falling sickness. The syrup also and conserve made of the flowers, are very effectual for the same diseases, and to open the body, being costive. The leaves bruised, and laid to the eyes with a little honey, take away the impostumations of them. The leaves bruised or rubbed upon any place stung with bees, wasps, or the like, presently take away the pains,

redneſs, and ſwelling that riſe thereupon. And Dioſcorides ſaith, The decoction of the roots and leaves helpeth all ſorts of poiſon, ſo as the poiſon be preſently voided by vomit. A poultice made of the leaves boiled and bruiſed, with ſome bean or barley flower, and oil of roſes added, is an eſpecial remedy againſt all hard tumours and inflammations, or impoſthumes, or ſwellings of the cods, and other parts, and eaſeth the pains of them; as alſo againſt the hardneſs of the liver or ſpleen, being applied to the places. The juice of Mallows boiled in old oil and applied, taketh away all roughneſs of the ſkin, as alſo the ſcurf, dandriff, or dry ſcabs in the head, or other parts if they be anointed therewith, or waſhed with the decoction, and preſerveth the hair from falling off. It is alſo effectual againſt ſcaldings and burnings, St Anthony's fire, and all other hot, red and painful ſwellings in any part of the body. The flowers boiled in oil or water (as every one is diſpoſed) whereunto a little honey and allum is put, is an excellent gargle to waſh, cleanſe or heal any ſore mouth or throat in a ſhort ſpace. If the feet be bathed or waſhed with the decoction of the leaves, roots and flowers, it helpeth much the deſluctions of rheum from the head; if the head be waſhed therewith, it ſtayeth the falling and ſhedding of the hair. The green leaves (ſaith Pliny) beaten with nitre, and applied, draw out thorns or prickles in the fleſh.

The Marſhmallows are more effectual in all the diſeaſes before mentioned: The leaves are likewiſe uſed to looſen the belly gently, and in decoctions for clyſters to eaſe all pains of the body, opening the ſtrait paſſages, and making them ſlippery, whereby the ſtone may deſcend the more eaſily, and without pain, out of the reins, kidneys, and bladder, and to eaſe the torturing pains thereof. But the roots are of more ſpecial uſe for thoſe purpoſes, as well for coughs, hoarſeneſs, ſhortneſs of breath, and wheezings, being boiled in wine, or honeyed water, and drank. The roots and ſeeds hereof boiled in wine or water, are with good ſucceſs uſed by them that have excoriations in the guts, or the bloody flux, by qualifying the violence of ſharp fretting humours, eaſing the pains, and healing the ſoreneſs. It is profitably taken of them that are troubled with ruptures,

cramps, or convulsions of the sinews; and boiled in white wine, for the impostumes of the throat, commonly called the king's evil, and of those kernels that rise behind the ears, and inflammations or swellings in womens breasts. The dried roots boiled in milk and drank, is special good for the chin cough. Hippocrates used to give the decoction of the roots, or the juice thereof, to drink, to those that are wounded, and ready to faint thro' loss of blood, and applied the same mixed with honey and rosin to the wounds. As also, the roots boiled in wine to those that have received any hurt by bruises, falls or blows, or had any bone or member out of joint, or any swelling, pain, or ach in the muscles, sinews or arteries. The mucilage of the roots, and of linseed and fenugreek put together, is much used in poultices, ointments, and plasters, to mollify and digest all hard swellings, and the inflammation of them, and to ease pains in any part of the body. The seed either green or dry, mixed with vinegar, cleanseth the skin of morphew, and all other discolourings, being boiled therewith in the Sun.

You may remember that not long since there was a raging disease called the bloody-flux; the college of physitians not knowing what to make off it, called it the plague of the guts, for their wits were at *Ne plus ultra* about it: My son was taken with the same disease, and the excoriation of his bowels was exceeding great: myself being in the country, was sent for up; the only thing I gave him, was Mallows bruised and boiled both in milk and drink, in two days (the blessing of God being upon it) it cured him. And I here, to shew my thankfulness to God, in communicating it to his creatures, leave it to posterity.

### Maple Tree.

*Government and Virtues.* IT is under the dominion of Jupiter. The decoction either of the leaves or bark, must needs streng hen the liver much, and so you shall find it to do, if you use it. It is excellent good to open obstructions both of the liver and spleen, and easeth pains of the sides thence proceeding.

### Wind Marjoram.

CALLED alſo Origane, Origanum, Eaſtward Marjoram; Wild Marjoram, and Grove Marjoram.

*Deſcript.*] Wild or field Marjoram hath a root which creepeth much under ground, which continueth a long time, ſending up ſundry browniſh, hard, ſquare ſtalks, with ſmall dark green leaves, very like thoſe of Sweet Marjoram, but harder, and ſomewhat broader; at the top of the ſtalks ſtand tufts of flowers, of a deep purpliſh red colour. The ſeed is ſmall and ſomething blacker than that of Sweet Marjoram.

*Place.*] It groweth plentifully in the borders of corn fields, and in ſome copies.

*Time.*] It flowereth towards the latter end of Summer.

*Government and Virtues.*] This is alſo under the dominion of Mercury. It ſtrengthens the ſtomach and head much, there being ſcarce a better remedy growing for ſuch as are troubled with a ſour humour in the ſtomach; it reſtores the appetite being loſt; helps the cough, and conſumption of the lungs; it cleanſeth the body of choler, expelleth poiſon, and remedieth the infirmities of the ſpleen; helps the bitings of venomous beaſts, and helps ſuch as have poiſoned themſelves by eating hemlock, henbane, or opium. It provoketh urine and the terms in women, helps the dropſy, and the ſcurvy, ſcabs, itch, and yellow jaundice. The juice being dropped into the ears, helps deafneſs, pain and noiſe in the ears. And thus much for this herb, between which and adders, there is a deadly antipathy.

### Sweet Marjoram.

SWEET Marjoram is ſo well known, being an inhabitant in every garden, that it is needleſs to write any deſcription thereof, neither of the Winter Sweet Marjoram or Pot Marjoram.

*Place.*] They grow commonly in gardens; ſome ſort there are that grow wild in the borders of corn fields and paſtures, in ſundry places of this land; but it is not my purpoſe to inſiſt upon them. The garden kinds being moſt uſed and uſeful.

*Time.*] They flower in the end of Summer.

*Government and Virtues.*] It is an herb of Mercury, and under Aries, and therefore is an excellent remedy for the

brain and other parts of the body and mind, under the dominion of the ſame planet. Our common ſweet Marjoram is warming and comfortable in cold diſeaſes of the head, ſtomach, ſinews, and other parts, taken inwardly or outwardly applied. The decoction thereof being drank, helpeth all diſeaſes of the cheſt which hinder the freeneſs of breathing and is alſo profitable for the obſtructions of the liver and ſpleen. It helpeth the cold griefs of the womb and the windineſs thereof, and the loſs of ſpeech, by reſolution of the tongue. The decoction thereof made with ſome pillitory of Spain, and long pepper or with a little ſcorus or origanum, being drank, is good for thoſe that are beginning to fall into a dropſy, for thoſe that cannot make water, and againſt pains and torments in the belly; it provoketh womens courſes, if it be put up as a peſſary. Being made into powder, and mixed with honey, it taketh away the black marks of blows, and bruiſes, being thereunto applied; it is good for the inflammations and watering of the eyes being mixed with fine flour, and laid unto them. The juice dropped into the ears, eaſeth the pains and ſinging noiſe in them. It is profitably put into thoſe ointments and ſalves that are warm, and comfort the outward parts, as the joints and ſinews; for ſwellings alſo and places out of joint. The powder thereof ſnuffed up into the noſe provoketh ſneezing, and thereby purgeth the brain; and chewed in the mouth, draweth forth much phlegm. The oil made thereof, is very warm and comfortable to the joints that are ſtiff, and the ſinews that are hard, to mollify and ſupple them. Majoram is much uſed in all odoriferous waters, powders, &c. that are for ornament or delight.

### Marigolds.

THESE being ſo plentiful in every garden, are ſo well known that they need no deſcription.

*Time.*] They flower all the Summer long, and ſometimes in Winter, if it be mild.

*Government and Virtues.*] It is an herb of the Sun, and under Leo. They ſtrengthen the heart exceedingly, and are very expulſive, and little leſs effectual in the ſmall-pox and meaſles than ſaffron. The juice of Marigold leaves

mixed with vinegar, and any hot ſwellings bathed with it, inſtantly giveth eaſe, and aſſuageth it. The flowers, either green or dried, are much uſed in poſſets, broths, and drink, as a comforter of the heart and ſpirits, and to expel any malignant or peſtilential, quality which might annoy them. A plaiſter made with the dry flowers in powder, hog's greaſe, turpentine and roſin, applied to the breaſt, ſtrengthens and ſuccours the heart infinitely in fevers, whether peſtilential, or not peſtilential.

## MASTERWORT.

*Deſcript.*] COMMON Maſterwort hath divers ſtalks of winged leaves divided into ſundry parts, three for the moſt part ſtanding together at a ſmall foot-ſtalk on both ſides of the greater, and three likewiſe at the end of the ſtalk, ſomewhat broad, and cut in on the edges into three or more diviſions, all of them dented about the brims, of a dark green colour, ſomewhat reſembling the leaves of Angelica, but that theſe grow lower to the ground, and on leſſer ſtalks; among which riſe up two or three ſhort ſtalks about two feet high, and ſlender, with ſuch like leaves at the joints which grow below, but with leſſer and fewer diviſions, bearing umbels of white flowers, and after them, thin, flat, blackiſh ſeeds, bigger than Dill ſeeds. The root is ſomewhat greater and growing rather ſideways than down deep in the ground, ſhooting forth ſundry heads, which taſte ſharp, biting on the tongue, and is the hotteſt and ſharpeſt part of the plant, and the ſeed next unto it being ſomewhat blackiſh on the outſide and ſmelling well.

*Place.*] It is uſually kept in gardens with us in England.

*Time.*] It flowereth and ſeedeth about the end of Auguſt.

*Government and Virtues.*] It is an herb of Mars. The root of Maſterwort is hotter than pepper and very available in cold griefs and diſeaſes both of the ſtomach and body, diſſolving very powerfully upwards and downwards. It is alſo uſed in a decoction with wine againſt all cold rheums, diſtillation upon the lungs, or ſhortneſs of breath, to be taken morning and evening. It alſo provoketh urine, and helpeth to break the ſtone, and expel the gravel from the kidneys; provoketh womens courſes, and expelleth the dead birth. Is ſingular good for ſtrangling of the

mother, and other ſuch-like feminine diſeaſes. It is effectual alſo againſt the dropſy, cramps, and falling ſickneſs; for the decoction in wine being gargled in the mouth, draweth down much water and phlegm, from the brain, purging and eaſing it of what oppreſſeth it. It is of a rare quality againſt all ſorts of cold poiſon, to be taken as there is cauſe; it provoketh ſweat. But leſt the taſte hereof or of the ſeed (which worketh to the like effect, tho' not ſo powerfully) ſhould be too offenſive, the beſt way is to take the water diſtilled both from the herb and root. The juice hereof dropped, or tents dipped therein, and applied either to green wounds or filthy rotten ulcers, and thoſe that come by envenomed weapons, doth ſoon cleanſe and heal them. The ſame is alſo very good to help the gout coming of a cold cauſe.

### Sweet Maudlin.

*Deſcript.* ] Common Maudlin hath ſomewhat long and narrow leaves, ſnipped about the edges. The ſtalks are two feet high, bearing at the tops many yellow flowers ſet round together, and all of an equal height, in umbels or tufts like unto Tanſey; after which followeth ſmall whitiſh ſeed, almoſt as big as wormſeed.

*Place and Time.* ] It groweth in gardens, and flowereth in June and July.

*Government and Virtues.* ] The virtues hereof being the ſame with Coſtmary or Alecoſt, I ſhall not make any repetition thereof, leſt my book grow too big; but rather refer you unto Coſtmary for ſatisfaction.

### The Medlar.

*Deſcript.* ] The Tree groweth near the bigneſs of the Quince Tree, ſpreading branches reaſonably large, with longer and narrower leaves than either the apple or quince, and not dented about the edges. At the end of the ſprigs ſtand the flowers, made of five white, great broad pointed leaves, nicked in the middle with ſome white threads alſo; after which cometh the fruit, of a brownish green colour being ripe, bearing a crown as it were on the top, which were the five green leaves; and being rubbed off, or fallen away, the head of the fruit is ſeen to be ſomewhat hollow. The fruit is very harſh before

it is mellowed, and hath usually five hard kernels within it. There is another kind hereof nothing differing from the former, but that it hath some thorns on it in several places, which the other hath not; and usually the fruit is small and not so pleasant.

*Time and Place* ] They grow in this land and flower in May for the most part, and bear fruit in September and October.

*Government and Virtues.* ] The fruit is old Saturn's, and are a better medicine he hardly hath to strengthen the retentive faculty; therefore it stays women's longings: The good old man cannot endure womens minds should run a gadding. Also a plaister made of the fruit dried before they are rotten, and other convenient things, and applied to the reins of the back, stops miscarriage in women with child. They are very powerful to stay any fluxes of blood or humours in men or women; the leaves also have this quality. The fruit eaten by women with child, stayeth their longing after unusual meats, and is very effectual for them that are apt to miscarry, and be delivered before their time, to help that malady, and make them joyful mothers. The decoction of them is good to gargle and wash the mouth, throat and teeth, when there is any desluxions of blood to stay it, or of humours, which causeth the pains and swellings. It is a good bath for women to sit over, that have their courses flow too abundant; or for the piles when they bleed too much. If a poultice or plaister be made with dried medlars, beaten and mixed with the juice of red roses; whereunto a few cloves and nutmegs may be added, and a little red coral also, and applied to the stomach, that is given to casting or loathing of meat, it effectually helpeth. The dried leaves in powder strewed on fresh bleeding wounds restraineth the blood, and healeth up the wound quickly. The Medlar stones made into powder and drank in wine, wherein some Parsley-roots have lain infused all night, or a little boiled, do break the stone in the kidneys, helping to expel it.

## Melilot, or King's Clover.

*Descript.* ] THIS hath many green stalks, two or three feet high, rising from a tough, long, white,

root, which dieth not every year, set round about the joints with small and somewhat long, well smelling leaves, set three together unevenly dented about the edge. The flowers are yellow, and well smelling also, made like other trefoil; but small, standing in long spikes one above another, for an hand breadth long or better, which afterwards turn into long crooked cods, wherein is contained flat seed somewhat brown.

*Place.*] It groweth plentifully in many places of this land, as in the edge of Suffolk, and in Essex, as also in Huntingdonshire, and in other places, but most usually in corn fields, in corners of meadows.

*Time.*] It flowereth in June and July and is ripe quickly after.

*Government and Virtues.*] Melilot, boiled in wine, and applied, mollifieth all hard tumours and inflammations that happen in the eyes, or other parts of the body, as the fundament, or privy parts of men or women; and sometimes the yolk of a roasted egg, or fine flour, or poppy seed, or endive is added unto it. It helpeth the spreading ulcers in the head, it being washed with a lee made thereof. It helpeth the pains of the stomach, being applied fresh; or boiled with any of the aforenamed things; Also, the pains of the ears being dropped into them; and steeped in vinegar, or rose water, it mitigateth the headach. The flowers of Melilot or camomile are much used to be put together in clysters to expel wind, and ease pains; and also in poultices for the same purpose, and to assuage swelling tumours in the spleen or other parts, and helpeth inflammations in any part of the body. The juice dropped into the eyes, is a singular good medicine to take away the film or skin that cloudeth or dimneth the eyesight. The head often washed with the distilled water of the herb and flower or a lee made therewith, is effectual for those that suddenly lose their senses; as also to strengthen the memory, to comfort the head and brain, and to preserve them from pain, and the apoplexy.

### French and Dogs Mercury.

*Descript.* THIS ariſeth up with a ſquare green ſtalk full of joints, two feet high, or thereabouts, with two leaues at every joint and the branches likewiſe from both ſides of the ſtalk, ſet with freſh green leaves, whitiſh broad and long, about the bigneſs of the leaves of Baſil, finely dented about the edges; towards the tops of the ſtalks and branches, come forth at every joint in the male mercury two ſmall, round green heads, ſtanding together upon a ſhort foot-ſtalk, which growing ripe, are ſeeds; not having flowers. The female ſtalk is longer, ſpike-faſhion, ſet round about with ſmall green huſks, which are the flowers, made like ſmall bunches of grapes, which give no ſeed, but abide long upon the ſtalks without ſhedding. The root is compoſed of many ſmall fibres, which periſheth every year at the firſt approach of Winter, and riſeth again of its own ſowing; and if once it is ſuffered to ſow itſelf, the ground will never want afterwards, even both ſorts of it.

### Dog Mercury.

HAVING deſcribed unto you that which is called French Mercury, I come now to ſhew you a deſcription of this kind alſo.

*Deſcript.* This is likewiſe of two kinds, male and female, having many ſtalks ſlender and lower than Mercury, without any branches at all upon them, the root is ſet with two leaves at every joint, ſomewhat greater than the female, but more pointed and full of veins, and ſomewhat harder in handling; of a dark green colour, and leſs dented, or ſnipp'd about the edges. At the joints with the leaves come forth longer ſtalks than the former, with two hairy round ſeeds upon them, twice as big as thoſe of the former Mercury. The taſte hereof is herby, and the ſmell ſomewhat ſtrong and virulent. The female has much harder leaves ſtanding upon longer foot-ſtalks, and the ſtalks are alſo longer; from the joints come forth ſpikes of flowers like the French Female Mercury. The roots of them both are many, and full of ſmall fibres, which run under ground, and mat themſelves very much, not periſhing as the former

Mercuries &c, but abiding the Winter, and shoot forth new branches every year, for the old lie down to the ground.

*Place.*] The male and female French Mercury are found wild in divers places of this land, as by a village called Brookland in Romney Marsh in Kent.

The Dog Mercury in sundry places of Kent also, and elsewhere; but the female more seldom than the male.

*Time.*] They flower in the Summer months, and therein give their seed.

*Government and Virtues.*] Mercury, they say, owns the herb, but I rather think it is Venus's, and I am partly confident of it too, for I never heard that Mercury ever minded women's business so much: I believe he minds his study more. The decoction of the leaves of Mercury, or the juice thereof in broth, or drank with a little sugar put to it, purgeth cholerick, and waterish humours. Hippocrates commended it wonderfully for womens diseases, and applied to the secret parts, to ease the pains of the mother; and used the decoction of it, both to procure womens courses, and to expel the after-birth; and gave the decoction thereof with myrrh or pepper, or used to apply the leaves outwardly against the strangury and diseases of the reins and bladder. He used it also for sore and watering eyes, and for the deafness and pains in the ears, by dropping the juice thereof into them, and bathing them afterwards in white wine. The decoction thereof made with water and a cock chicken, is a most safe medicine against the hot fits of agues. It also cleanseth the breast and lungs of phlegm, but a little offendeth the stomach. The juice or distilled water snuffed up into the nostrils, purgeth the head and eyes of catarrhs and rheums. Some use to drink two or three ounces of the distilled water, with a little sugar put to it, in the morning fasting, to open and purge the body of gross, viscous, and melancholy humours. It is wonderful (if it be not fabulous) which Dioscorides and Theophrastus do relate of it, viz. That if women use these herbs either inwardly or outwardly, for three days together after conception, and their courses be past, they shall bring forth male or female children, according to that kind of herb they use. Matthiolus saith that the seed both of the

male and female. Mercury boiled with wormwood and drank cureth the yellow jaundice in a ſpeedy manner. The leaves or the juice rubbed upon warts, taketh them away. The juice mingled with ſome vinegar, helpeth all running ſcabs, tetters, ringworms, and the itch. Galen ſaith, that being applied in manner of a poultice to any ſwelling or inflammation, it digeſteth the ſwelling, and allayeth the inflammation, and is therefore given in clyſters to evacuate from the belly offenſive humours. The Dog Mercury, although it be leſs uſed, yet may ſerve in the ſame manner, to the ſame purpoſe, to purge waterish and melancholy humours.

## MINT.

OF all the kinds of Mint, the Spear Mint, or Heart Mint, being moſt uſual, I ſhall only deſcribe as follows:

*Deſcript.* ] Spear Mint hath divers round ſtalks, and long but narrowiſh leaves ſet thereon, of a dark green colour. The flowers ſtand in ſpiked heads at the tops of the branches, being of a pale blue colour. The ſmell or ſcent thereof is ſomewhat near unto Baſil; it increaſeth by the root under ground, as all the others do.

*Place.* ] It is an uſual inhabitant in gardens: And becauſe it ſeldom giveth any good ſeed, the effects is recompenſed by the plentiful increaſe of the root, which being once planted in a garden will hardly be rid out again.

*Time.* ] It flowereth not until the beginning of Auguſt, for the moſt part.

*Government and Vertues* ] It is an herb of Venus. Dioſcorides ſaith it hath a heating, binding and drying quality, and therefore the juice taken in vinegar, ſtayeth bleeding: It ſtirreth up venery, or bodily luſt; two or three branches thereof taken in the juice of four pomegranates, ſtayeth the hiccough, vomiting, and allayeth the choler. It diſſolveth impoſthumes being laid to with barley-meal. It is good to repreſs the milk in womens breaſts, and for ſuch as have ſwollen, flagging, or great breaſts. Applied with ſalt, it helpeth the biting of a mad dog; with mead and honied water, it eaſeth the pains of the ears, and taketh away the roughneſs of the tongue, being rubbed thereupon.

It ſuffereth not milk to curdle in the ſtomach, if the leaves thereof be ſteeped or boiled in it before you drink it: Briefly it is very profitable to the ſtomach. The often uſe hereof is a very powerful medicine to ſtay womens courſes and the whites. Applied to the forehead and temples, it eaſeth the pains in the head, and is good to waſh the heads of young children therewith, againſt all manner of breakings out, ſores or ſcabs therein, and healeth the chops of the fundament. It is alſo profitable againſt the poiſon of venomous creatures. The diſtilled water of mint is available to all the purpoſes aforeſaid, yet more weakly. But if a ſpirit thereof be rightly and chymically drawn, it is much more powerful than the herb itſelf. Simeon Sethi ſaith, it helpeth a cold liver, ſtrengtheneth the belly, cauſeth digeſtion, ſtayeth vomits and the hiccough; it is good againſt the gnawing of the heart, provoketh appetite, taketh away obſtructions of the liver, and ſtirreth up bodily luſt; but therefore too much muſt not be taken, becauſe it maketh the blood thin and wheyiſh, and turneth it into choler; and therefore cholerick perſons muſt abſtain from it. It is a ſafe medicine for the biting of a mad dog, being bruiſed with ſalt and laid thereon. The powder of it being dried and taken after meat, helpeth digeſtion, and thoſe that are ſplenetick. Taken with wine, it helpeth women in their ſore travail in child-bearing. It is good againſt the gravel and ſtone in the kidneys, and the ſtrangury. Being ſmelled unto, it is comfortable for the head and memory. The decoction hereof gargled in the mouth, cureth the gums and mouth that is ſore, and mendeth an ill-favoured breath; as alſo the rue and coriander, cauſeth the palate of the mouth to turn to its place, the decoction being gargled and held in the mouth.

The virtues of the Wind or Horſe Mint, ſuch as grow in ditches (whoſe deſcription I purpoſely omitted, in regard they are well enough known) are eſpecially to diſſolve wind in the ſtomach, to help the colick, and thoſe that are broſe-winded, and are an eſpecial remedy for thoſe that have venereal dreams and pollutions in the night, being outwardly applied to the teſticles or cods. The juice dropped into the ears eaſeth the pains of them, and deſtroyeth the worms that breed therein. They are good againſt the venomous

biting of serpents. The juice laid on warts helpeth the king's evil, or kernels in the throat. The decoction or distilled water helpeth a stinking breath, proceeding from corruption of the teeth, and snuffed up the nose, purgeth the head. Pliny saith, that eating of the leaves hath been found by experience to cure the leprosy, applying some of them to the face, and to help the scurf or dandriff of the head used with vinegar. They are extreme bad for wounded people; and they say a wounded man that eats Mint, his wound will never be cured, and that is a long day.

## Misseto.

*Descript.*] THIS riseth up from the branch or arm of the tree whereon it groweth, with a woody stem, putting itself into sundry branches, and they again divided into many other smaller twigs, interlacing themselves one within another very much covered with a grayish green bark, having two leaves set at every joint, and at the end likewise, which are somewhat long and narrow, small at the bottom, but broader towards the end. At the knots or joints of the boughs and branches grow small yellow flowers, which run into small, round, white, transparent berries, three or four together, full of a glutinous moisture, with a blackish seed in each of them, which was never yet known to spring, being put into the ground, or any where else to grow.

*Place.*] It groweth very rarely on oaks with us; but upon sundry other, as well timber as fruit trees, plentifully in woody groves, and the like, through all this land.

*Time.*] It flowereth in the Spring time, but the berries are not ripe until October, and abideth on the branches all the Winter, unless the blackbirds, and other birds, do devour them.

*Government and Virtues.*] This is under the dominion of the Sun, I do not question; and can also take for granted, that that which grows upon oaks, participates something of the nature of Jupiter, because an oak is one of his trees; as also that which grows upon pear trees, and apple trees, participates something of the nature, because he rules the tree it grows upon, having no root of its own. But why that should have most virtues that grows upon oaks I know not,

unleſs becauſe it is rareſt and hardeſt to come by; and our college's opinion is in this contrary to ſcripture, which ſaith, *God's tender mercies are over all his works*; and ſo it is, let the college of phyſicians walk as contrary to him as they pleaſe, and that is as contrary as the eaſt to the weſt. Chuſius affirms that which grows upon pear trees to be as prevalent, and gives order, that it ſhould not touch the ground after it is gathered; and alſo ſaith, that, being hung about the neck, it remedies witchcraft. Both the leaves and berries of Miſſelto do heat and dry, and are of ſubtil parts; the birdlime doth mollify hard knots, tumours, and impoſthumes; ripeneth and diſcuſſeth them, and draweth forth thick as well as thin humours from the remote parts of the body, digeſting and ſeparating them. And being mixed with equal parts of roſin and wax, doth mollify the hardneſs of the ſpleen, and helpeth old ulcers and ſores. Being mixed with ſandarick and orpiment, it helpeth to drew off foul nails; and if quick-lime and wine lees be added thereunto, it worketh the ſtronger. The Miſſelto itſelf of the oak (as the beſt) made into powder, and given in drink to thoſe that have the falling ſickneſs, doth aſſuredly heal them, as Matthiolus ſaith; but it is fit to uſe it for forty days together. Some have ſo highly eſteemed it for the virtues thereof, that they have called it *Lignum Sanctæ Crucis* Wood of the Holy Croſs, believing it helps the falling ſickneſs, apoplexy and palſy very ſpeedily, not only to be inwardly taken, but to be hung at their neck. Tragus ſaith, that the freſh wood of any Miſſelto bruiſed, and the juice drawn forth and dropped in the ears that have impoſthumes in them, doth help and eaſe them within a few days.

## MONEYWORT; or HERB TWOPENCE.

*Deſcript.* ] THE common Moneywort ſendeth forth from a ſmall thready root divers long, weak, and ſlender branches, lying and running upon the ground two or three feet long or more, ſet with leaves two at a joint one againſt another at equal diſtances, which are almoſt round, but pointed at the ends, ſmooth, and of a good green colour. At the joints with the leaves from the middle forward come forth at every point ſometimes one yellow flower, and ſometimes two, ſtanding each on a ſmall

foot-ſtalk, and made of five leaves, narrow pointed at the end, with ſome yellow threads in the middle, which being paſt, there ſtand in their places ſmall round heads of ſeed.

*Place.*] It groweth plentifully in almoſt all places of this land, commonly in moiſt grounds by hedge-ſides, and in the middle of graſſy fields.

*Time.*] They flower in June and July, and their ſeed is ripe quickly after.

*Government and Virtues.*] Venus owns it. Moneywort is ſingular good to ſtay all fluxes in man or woman, whether they be laſks, bloody-fluxes, the flowering of womens courſes. Bleeding inwardly or outwardly, and the weakneſs of the ſtomach that is given to caſting. It is very good alſo for the ulcers or excoriations of the lungs, or other inward parts. It is exceeding good for all wounds, either freſh or green, to heal them ſpeedily, and for all old ulcers that are of ſpreading natures. For all which purpoſes the juice of the herb, or the powder drank in water wherein hot ſteel hath been often quenched: or the decoction of the green herb in wine or water drank, or uſed to the outward place, to waſh or bathe them, or to have tents dipped therein and put into them, are effectual.

## MOONWORT.

*Deſcript.*] IT riſeth up uſually but with one dark, green, thick and flat leaf, ſtanding upon a ſhort foot-ſtalk not above two fingers breadth; but when it flowers it may be ſaid to bear a ſmall ſlender ſtalk about four or five inches high, having but one leaf in the middle thereof, which is much divided on both ſides into ſometimes five or ſeven parts on a ſide, ſometimes more; each of which parts is ſmall like the middle rib, but broad forwards, pointed and round reſembling therein a half-moon, from whence it took the name; the uppermoſt parts or diviſions being bigger than the loweſt. The ſtalks riſe above this leaf two or three inches, bearing many branches of ſmall long tongues, every one like the ſpiky head of the adder's tongue, of a brownish colour, (which whether I ſhall call them flowers, or the ſeed I well know not) which, after they have continued a while, reſolve into a mealy duſt. The root is ſmall and fibrous. This hath

sometimes divers such like leaves as are before described, with so many branches or tops rising from one stalk, each divided from the other.

*Place.*] It groweth on hills and heaths, yet where there is much grass, for therein it delighteth to grow.

*Time.*] It is to be found only in April and May; for in June, when any hot weather cometh, for the most part it is withered and gone.

*Government and Virtues.*] The Moon owns the herb. Moonwort is cold, and drying more than adder's tongue, and is therefore held to be more available for all wounds both inward and outward. The leaves boiled in red wine, and drank, stay the immoderate flux of womens courses, and the whites: It also stayeth bleeding, vomiting, and other fluxes. It helpeth all blows and bruises, and to consolidate all fractures and dislocations. It is good for ruptures, but is chiefly used by most with other herbs to make oils or balsams to heal fresh or green wounds (as I said before) either inward or outward, for which it is excellent good.

Moonwort is an herb which (they say) will open locks, and unshoe such horses as tread upon it; This some laugh to scorn, and those no small fools neither; but country people that I know, call it Unshoe the Horse. Besides I have heard commanders say, that on White Down in Devonshire, near Tiverton, there were found thirty horse-shoes, pulled off from the feet of the Earl of Essex's horses, being there drawn up in a body, many of them being but newly shod, and no reason known, which caused much admiration, and the herb described usually grows upon heaths.

## MOSSES.

I SHALL not trouble the reader with a description of these, since my intent is to speak only of two kinds, as the most principal, viz. Ground Moss and Tree Moss, both which are very well known.

*Place.*] The ground Moss groweth in our moist woods, and in the bottom of hills, in boggy grounds, and in shadowy ditches, and many other such like places. The tree Moss groweth only on trees.

*Government and Virtues.*] All sorts of mosses are under

the dominion of Saturn. The Ground Moss is held to be singular good to break the stone, and to expel and drive it forth by urine, being boiled in wine and drank. The herb, being bruised and boiled in water, and applied, easeth all inflammations and pains coming from an hot cause; and is therefore used to ease the pains of the gout.

The tree Mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as Galen saith. But each Moss doth partake of the nature of the tree from whence it is taken; therefore that of the oak is more binding, and is of good effect to stay fluxes in man or woman: as also vomiting or bleeding, the powder thereof being taken in wine. The decoction thereof in wine is very good for women to be bathed, or to sit in, that are troubled with the overflowing of their courses. The same being drank, stayeth the stomach that is troubled with calling, or the hiccough; and, as Avicenna saith, it comforteth the heart. The powder thereof, taken in drink for some time together, is thought available for the dropsy. The oil that has had fresh Moss steeped therein for a time, and afterwards boiled and applied to the temples and forehead, doth marvellously ease the headach coming of a hot cause: as also the distillations of hot rheums or humours in the eyes or other parts. The ancients much used it in their ointments and other medicines against the lassitude, and to strengthen and comfort the sinews: For which, if it was good then, I know no reason but it may be found so still.

## MOTHERWORT.

*Descript.*] THIS hath a hard, square, brownish, rough, strong stalk, rising three or four feet high at least, spreading into many branches, whereon grow leaves on each side with long foot-stalks, two at every joint, which are somewhat broad and long, as if it were rough or cropped, with many great veins therein of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the branches up to the tops of them (which are long and small) grow the flowers round them at distances, in sharp pointed, rough, hard husks, of a more red or purple colour, than balm or horehound, but in the same manner or form as the horehounds, after which come small, round,

blackish seeds in great plenty. The root sendeth forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish or brownish colour, and abideth as the horehound doth; the smell of it is not much differeth from this.

*Place.*] It groweth only in gardens with us in England.

*Government and Virtues.*] Venus owns the herb, and it is under Leo. There is no better herb to take melancholy vapours from the heart, to strengthen it, and make a merry, chearful, blithe soul than this herb. It may be kept in a syrup or conserve: therefore the Latins called it Cardiaca. Besides, it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it Motherwort. It is held to be of much use for the trembling of the heart, and faintings and swoonings; from whence it took the name Cardiaca. The powder thereof, to the quantity of a spoonful, drank in wine, is a wonderful help to women in their sore travail, as also for the suffocating or risings of the mother, and for these effects, it is likely it took the name of Motherwort with us. It also provoketh urine and womens courses, cleanseth the chest of cold phlegm, oppressing it, killeth worms in the belly. It is of good use to warm and dry up the cold humours, to digest and disperse them that are settled in the veins, joints, and sinews of the body, and to help cramps and convulsions.

## MOUSE-EAR.

*Descript.*] MOUSE-ear is a low herb, creeping upon the ground by small strings, like the strawberry plant, whereby it shooteth forth small roots, whereat grow upon the ground many small and somewhat short leaves, set in a round form together, and very hairy, which being broken do give a whitish milk: From among these leaves spring up two or three small hoary stalks about a span high, with a few smaller leaves thereon, at the tops whereof standeth usually but one flower, consisting of many pale yellow leaves, broad at the point, and a little dented in, set in three or four rows (the greater uppermost) very like a dandelion flower, and a little reddish underneath about the edges, especially if it grow in a dry ground; which after they have

flood long in flower do turn into down, which with the seed is carried away with the wind.

*Place.*] It groweth on ditch banks, and sometimes in ditches, if they be dry, and in sandy grounds.

*Time.*] It flowereth about June or July, and abideth green all the Winter.

*Government and Virtues.*] The Moon owns this herb also; and though authors cry out upon Alchymists, for attempting to fix quicksilver by this herb and Moonwort, a Roman would not have judged a thing by the success; if it be to be fixed at all, it is by lunar influence. The juice thereof taken in wine, or the decoction thereof drank, doth help the jaundice although of long continuance, to drink thereof morning and evening, and abstain from other drink two or three hours after. It is a special remedy against the stone, and the tormenting pains thereof; as also other tortures and gripping pains of the bowels. The decoction thereof with succory and centaury is held very effectual to help the dropsy, and them that are inclining thereunto, and the diseases of the spleen. It slayeth the fluxes of blood, either at the mouth or nose, and inward bleeding also, for it is a singular wound herb for wounds both inward and outward: It helpeth the bloody flux, and helpeth the abundance of womens courses. There is a syrup made of the juice hereof, and sugar, by the apothecaries of Italy, and other places, which is of much account with them, to be given to those that are troubled with the cough or phthisick. The same also is singular good for ruptures or burstlings. The green herb bruised and presently bound to any cut or wound, doth quickly solder the lips thereof. And the juice, decoction, or powder of the dried herb is most singular to slay the malignity of spreading and fretting cankers and ulcers whatsoever, yea, in the mouth and secret parts. The distilled water of the plant is available in all the diseases aforesaid, and to wash outward wounds and sores, and apply tents of cloths wet therein.

## MUGWORT.

*Descript.*] COMMON Mugwort hath divers leaves lying upon the ground, very much divided, or cut deeply in about the brim, somewhat like wormwood,

but much larger, of a dark green colour on the upper side, and very hoary white underneath. The ſtalks riſe to be four or five feet high, having on it ſuch like leaves as thoſe below, but ſomewhat ſmaller, branching forth very much towards the top, whereon are ſet very ſmall, pale, yellowiſh flowers like buttons, which fall away, and after them come ſmall ſeeds incloſed in round heads. The root is long and hard, with many ſmall fibres growing from it, whereby it taketh ſtrong hold on the ground; but both ſtalks and leaf do lie down every year, and the root ſhooteth anew in the Spring. The whole plant is of a reaſonable ſcent, and is more eaſily propagated by the ſlips than the ſeed.

*Place.*] It groweth plentifully in many places of this land, by the water-ſides; as alſo by ſmall water courſes, and in divers other places.

*Time.*] It flowereth and ſeedeth in the end of Summer.

*Government and Virtues.*] This is an herb of Venus, therefore maintaineth the parts of the body ſhe rules, remedies the diſeaſes of the parts that are under her ſigns Taurus and Libra. Mugwort is with good ſucceſs put among other herbs that are boiled for women to ſit over the hot decoction to draw down their courſes, to help the delivery of their birth, and expel the after-birth. As alſo for the obſtructions and inflammations of the mother. It breaketh the ſtone, and cauſeth one to make water where it is ſtopped. The juice thereof made up with myrrh, and put under as a peſſary, worketh the ſame effects, and ſo doth the root alſo. Being made up with hog's greaſe into an ointment, it taketh away wens and hard knots and kernels that grow about the neck and throat, and eaſeth the pains about the neck more effectually if ſome field daiſes be put with it. The herb itſelf being freſh, or the juice thereof taken, is a ſpecial remedy upon the overmuch taking of opinion. Three drams of the powder of the dried leaves taken in wine, is a ſpeedy and the beſt certain help for the ſciatica. A decoction thereof made with camomile and agrimony, and the place bathed therewith while it is warm, taketh away the pains of the bowels, and the cramp.

## The MULBERRY-TREE.

THIS is so well known where it groweth, that it needeth no description.

*Time.*] It beareth fruits in the months of July and August.

*Government and Virtues.*] Mercury rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts; the ripe berries, by reason of their sweetness and slippery moisture, opening the body, and the unripe binding it, especially when they are dried, and then they are good to stay fluxes, lasks, and the abundance of women's courses. The bark of the root killeth the broad worms in the body. The juice or the syrup made of the juice of the berries, helpeth all inflammations or sores in the mouth, or throat, and palate of the mouth when it is fallen down. The juice of the leaves is a remedy against the biting of serpents, and for those that have taken aconite. The leaves beaten with vinegar, are good to lay on any place that is burnt with fire. A decoction made of the bark and leaves is good to wash the mouth and teeth when they ake. If the root be a little slit or cut, and a small hole made in the ground next thereunto, in the Harvest-time, it will give out a certain juice, which being hardened the next day, is of good use to help the toothach, to dissolve knots, and purge the belly. The leaves of Mulberries are said to stay bleeding at the mouth or nose, or the bleeding of the piles, or of a wound, being bound unto the places. A branch of the tree taken when the Moon is at the full, and bound to the wrist of a woman's arm, whose courses come down too much, doth stay them in a short space.

## MULLEIN.

*Descript.*] COMMON White Mullein hath many fair, large, woolly, white leaves, lying next the ground, somewhat larger than broad, pointed at the end, and as it were dented about the edges. The stalk riseth up to be four or five feet high, covered over with such like leaves, but lesser, so that no stalk can be seen for the multitude of leaves thereon up to the flowers, which come forth on all sides of the stalk, without any branches for the most part, and are many set together in a long spike, in some of a yellow colour, in others more pale, consisting of five round pointed leaves, which afterwards have small round heads, wherein is

ſmall browniſh ſeed contained. The root is long, white, and woody, periſhing after it hath borne ſeed.

*Place* ] It groweth by way-ſides and lanes, in many places of this land.

*Time* ] It flowereth in July, or thereabouts.

*Government and Virtues.* ] It is under the dominion of Saturn. A ſmall quantity of the root given in wine, is commended by Dioſcorides, againſt laſks and fluxes of the belly. The decoction hereof drank, is profitable for thoſe that are burſten, and for cramps and convulſions, and for thoſe that are troubled with an old cough. The decoction thereof gargled, eaſeth the pains of the tooth-ach. And the oil made by the often infuſion of the flowers, is of very good effect for the piles. The decoction of the root in red wine or in water, (if there be an ague) wherein red-hot ſteel hath been often quenched, doth ſtay the bloody flux. The ſame alſo openeth obſtructions of the bladder and reins when one cannot make water. A decoction of the leaves hereof, and of ſage, marjoram, and camomile flowers, and the places bathed therewith, that have ſinews ſtiff with cold or cramps, doth bring them much eaſe and comfort. Three ounces of the diſtilled water of the flowers drank morning and evening for ſome days together, is ſaid to be the moſt excellent remedy for the gout. The juice of the leaves and flowers being laid upon rough warts, as alſo the powder of the dried roots rubbed on, doth eaſily take them away, but doth no good to ſmooth warts. The powder of the dried flowers is an eſpecial remedy for thoſe that are troubled with the belly-ach, or the pains of the colick. The decoction of the root, and ſo likewiſe of the leaves, is of great effect to diſſolve the tumours, ſwellings, or inflammations of the throat. The ſeed and leaves boiled in wine, and applied, draw forth ſpeedily thorns or ſplinters gotten into the fleſh, eaſe the pains, and heal them alſo. The leaves bruiſed and wrapped in double papers, and covered with hot aſhes and embers to bake a while, and then taken forth and laid warm on any bloth or boil happening in the groin or ſhare, doth diſſolve and heal them. The ſeed bruiſed and boiled in wine, and laid on any member that hath been out of joint, and newly ſet again, taketh away all ſwelling and pain thereof.

## MUSTARD.

*Descript.* ] OUR common Muſtard hath large and broad rough leaves, very much jagged with uneven and unorderly guſhes, ſomewhat like turnip leaves, but leſſer and rougher. The ſtalk riſeth to be more than a foot, high, and ſometimes two feet high, being round, rough, and branched at the top, bearing ſuch like leaves thereon as grow below, but leſſer and leſs divided, and divers yellow flowers one above another at the top, after which come ſmall rough pods, with ſmall, lank, flat ends, wherein is contained round yellowiſh ſeed, ſharp, hot, and biting upon the tongue. The root is ſmall, long, and woody when it beareth ſtalks, and periſheth every year.

*Place* ] This groweth with us in gardens only, and other manured places.

*Time* ] It is an annual plant, flowering in July, and the ſeed is ripe in Auguſt.

*Government and Virtues.* ] It is an excellent ſauce for ſuch whoſe blood wants clarifying, and for weak ſtomachs, being an herb of Mars, but naught for choleric people, tho' as good for ſuch as are aged, or troubled with cold diſeaſes. Aries claims ſomething to do with it, therefore it ſtrengthens the heart and reſiſteth poiſon. Let ſuch whoſe ſtomachs are ſo weak they cannot digeſt their meat, or appetite it, take of Muſtard ſeed a dram, cinnamon as much, and having beaten them to powder, and half as much maſtich in powder, and with gum arabick diſſolved in roſe-water, make it up into troches, of which they may take one of about half a dram weight an hour or two before meals; let old men and women make much of this medicine, and they will either give me thanks, or ſhew manifeſt ingratitude. Muſtard ſeed hath the virtue of heat, diſcuſſing, ramifying, and drawing out ſplinters of bones, and other things of the fleſh. It is of good effect to bring down women's courſes, for the falling-ſickneſs or lethargy, drowſy forgetful evil, to uſe it both inwardly and outwardly, to rub the noſtrils, forehead, and temples, to warm and quicken the ſpirits; for by the fierce ſharpneſs it purgeth the brain by ſneezing, and drawing down rheum and other viſcous humours, which by their diſtillations upon the lungs and cheſt, procure coughing, and therefore, with

ſome honey added thereto, doth much good therein. The decoction of the ſeed made in wine, and drank, provoketh urine, reſiſteth the force of poiſon, the malignity of muſhrooms, and venom of ſcorpions, or other venomous creatures, if it be taken in time; and taken before the cold fits of agues, altereth, leſſeneth, and cureth them. The ſeed taken either by itſelf, or with other things, either in an electuary or drink, doth mightily ſtir up bodily luſt, and helpeth the ſpleen and pains in the ſides, and gnawings in the bowels; and uſed as a gargle draweth up the palate of the mouth, being fallen down; and alſo it diſſolveth the ſwellings about the throat if it be outwardly applied. Being chewed in the mouth it oftentimes helpeth the tooth-ach. The outward application hereof upon the pained place of the ſciatica, diſcuſſeth the humours, and eaſeth the pains, as alſo the gout, and other joint-achs; and is much and often uſed to eaſe pains in the ſides or loins, the ſhoulders, or other parts of the body, upon the plying thereof to raiſe bliſters, and cureth the diſeaſe by drawing it to the outward parts of the body. It is alſo uſed to help the falling off the hair. The ſeed bruiſed, mixed with honey, and applied, or made up with wax, taketh away the marks and black and blue ſpots of bruiſes, or the like, the roughneſs or ſcabbineſs of the ſkin, as alſo the leproſy and louſy-evil. It helpeth alſo the crick in the neck. The diſtilled water of the herb, when it is in the flower, is much uſed to drink inwardly to help in any of the diſeaſes aforeſaid, or to waſh the mouth when the palate is down, and for the diſeaſes of the throat to gargle, but outwardly alſo for ſcabs, itch, or other the like infirmities, and cleanſeth the face from morphew, ſpots, freckles, and other deformities.

## The Hedge-Mustard.

*Deſcript.* THIS groweth up uſually but with one blackiſh green ſtalk, tough, eaſy to bend, but not to break, branched into divers parts, and ſometimes with divers ſtalks, ſet full of branches, whereon grow long, rough, or hard rugged leaves, very much tore or cut on the edges in many parts, ſome bigger, and ſome leſſer, of a dirty green colour. The flowers are ſmall and yellow that grow on the tops of the branches in long ſpikes, flowering by ce-

grees; ſo that continuing long in flower, the ſtalk will have ſmall round cods at the bottom, growing upright and cloſe to the ſtalk, while the top flowers yet ſhew themſelves, in which are contained ſmall yellow ſeed, ſharp and ſtrong, as the herb is alſo. The root groweth down ſlender and woody yet abiding and ſpringing again every year.

*Place.*] This groweth frequently in this land, by the ways and hedge-ſides, and ſometimes in the open fields.

*Time.*] It flowereth moſt uſually about July.

*Government and Virtues.*] Mars owns this herb alſo. It is ſingular good in all the diſeaſes of the cheſt and lungs, hoarſneſs of voice: and by the uſe of the decoction thereof for a little ſpace, thoſe have been recovered who had utterly loſt their voice, and almoſt their ſpirits alſo. The juice thereof made into a ſyrup, or licking medicine, with honey or ſugar, is no leſs effectual for the ſame purpoſe, and for all other coughs, wheezing, and ſhortneſs of breath. The ſame is alſo profitable for thoſe that have the jaundice, pleuriſy, pains in the back and loins, and for torments in the belly, or colick, being alſo uſed in clyſters. The ſeed is held to be a ſpecial remedy againſt poiſon and venom. It is ſingular good for the ſciatica, and in joint-aches, ulcers, and cankers in the mouth, throat, or behind the ears, and no leſs for the hardneſs and ſwelling of the teſticles, or of womens breaſts.

## NAILWORT, or WHITLOWGRASS.

*Deſcript.*] THIS very ſmall and common herb hath no roots, ſave only a few ſtrings: neither doth it ever grow to be above a hand's breadth high, the leaves are very ſmall, and ſomething long, not much unlike thoſe of chickweed, among which riſe up divers ſlender ſtalks, bearing many white flowers one above another, which are exceeding ſmall; after which come ſmall flat pouches containing the ſeed, which is very ſmall, but of a ſharp taſte.

*Place.*] It grows commonly upon old ſtone and brick walls, and ſometimes in dry gravelly grounds, eſpecially if there be graſs or moſs near to ſhadow it.

*Time.*] They flower very early in the year, ſometimes in January, and in February; for before the end of April they are not to be found.

*Government and Virtues.*] It is held to be exceeding good for those imposthumes in the joints, and under the nails, which they call Whitlows, Felons, Andicons and Nailwheals. Such as would be knowing physicians, let them read those books of mine of the last edition, *v.z.* Reverius, Riolanus, Johnson, Veslingus, Sennertus.

## Nep, or Catmint.

*Descript.*] COMMON Garden Nep shooteth forth hard four-square stalks, with a hoarines on them, a yard high or more, full of branches, bearing at every joint two broad leaves like balm, but longer pointed, softer, white, and more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the branches, and underneath them likewise on the stalks many together, of a whitish purple colour. The roots are composed of many long strings or fibres, fastening themselves stronger in the ground, and abide with green leaves thereon all the winter.

*Place.*] It is only nursed up in our gardens.

*Time.*] And it flowereth in July, or thereabouts.

*Government and Virtues.*] It is an herb of Venus. Nep is generally used for women to procure their courses, being taken inwardly or outwardly, either alone, or with other convenient herbs in a decoction to bathe them, or sit over the hot fumes thereof; and by the frequent use thereof, it takes away barrenness, and the wind, and pains of the mother. It is also used in pains of the head coming of any cold cause, catarrhs, rheums, and for swimming and giddiness thereof, and is of special use for the windiness of the stomach and belly. It is effectual for any cramp, or cold aches, to dissolve cold and wind that afflicteth the place, and is used for colds, coughs, and shortness of breath. The juice thereof drank in wine, is profitable for those that are bruised by an accident. The green herb bruised and applied to the fundament, and lying there two or three hours, easeth the pains of the piles; the juice also being made up in an ointment, is effectual for the same purpose. The head washed with a decoction thereof, it taketh away scabs, and may be effectual for other parts of the body also.

### Nettles.

NETTLES are so well known, that they need no description; they may be found by feeling, in the darkest night.

*Government and Virtues.*] This is also an herb Mars claims dominion over. You know Mars is hot and dry, and you know as well that Winter is cold and moist; than you may know as well the reason why Nettle Tops eaten in the Spring consumeth the phlegmatick superfluities in the body of man, that the coldness and moistness of Winter hath left behind. The roots or leaves boiled, or the juice of either of them, or both made into an electuary with honey and sugar, is a safe and sure medicine to open the pipes and passages of the lungs, which is the cause of wheezing and shortness of breath, and helpeth to expectorate tough phlegm as also to raise the imposthumed pleurisy; and spend it by spitting; the same helpeth the swelling of the almonds of the throat, the mouth and throat being gargled therewith. The juice is also effectual to settle the palate of the mouth in its place, and to heal and temper the inflammations and soreness of the mouth and throat. The decoction of the leaves in wine, being drank, is singular good to provoke women's courses, and settle the suffocation, strangling of the mother, and all other diseases thereof; as also applied outwardly with a little myrrh. The same also, or the seed, provoketh urine, and expelleth the gravel, and stone in the reins or bladder, often proved to be effectual in many that have taken it. The same killeth the worms in children, easeth pains in the sides, and dissolveth the windiness in the spleen, as also in the body, although others think it only powerful to provoke venery. The juice of the leaves taken two or three days together, stayeth bleeding at the mouth. The seed being drank, is a remedy against the stinging of venomous creatures, the biting of mad dogs, the poisonful qualities of hemlock, henbane, nightshade, mandrake, or other such like herbs that stupify or dull the senses; as also the lethargy, especially to use it outwardly, to rub the forehead or temples in the lethargy, and the places stung or bitten with beasts with a little salt. The distilled water of the herb is also effectual (though not so powerful) for the diseases aforesaid; as for outward wo-

and sores to [illegible] them, and to cleanse the skin from morphew, leprosy, and other discolourings thereof. The seed or leaves bruised, and put into the nostrils, stayeth the bleeding of them, and taketh away the flesh growing in them called polypus. The juice of the leaves, or the decoction of them, or of the root, is singular good to wash either old, rotten, or stinking sores or fistulas, and gangrenes, and such as fretting, eating, or corroding scabs, manginess and itch, in any part of the body, as also green wounds, by washing them therewith, or applying the green herb bruised thereunto, yea, although the flesh were separated from the bones; the same applied to our wearied members, refresh them, or to place those that have been out of joint, being first set up again, strengtheneth, drieth, and comforteth them, as also those places troubled with aches and gouts, and the defluction of humours upon the joints or sinews; it easeth the pains, and drieth or dissolveth the defluctions. An ointment made of the juice, oil, and a little wax, is singular good to rub cold and benumbed members. An handful of the leaves of green nettles, and another of wallwort, or deanwort, bruised and applied simply themselves to the gout, sciatica, or joint aches in any part, hath been found to be an admirable help thereunto.

## NIGHTSHADE.

*Descript* ] COMMON Nightshade hath an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth in many branches whereon grow many green leaves, somewhat broad, and pointed at the ends, soft and full of juice, somewhat like unto Basil, but longer and a little unevenly dented about the edges: At the tops of the stalks and branches come forth three or four more white flowers made of five small pointed leaves a-piece; standing on a stalk together, one above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries, of the bigness of small pease, full of green juice, and small whitish round flat seed lying within it. The root is white, and a little woody when it hath given flower and fruit, with many small fibres at it: The whole plant is

of a waterish insipid taste, but the juice within the berries is somewhat viscous, and of a cooling and binding quality.

*Place.*] It groweth wild with us under our walls, and in rubbish, the common paths, and sides of hedges and fields, as also in our gardens here in England, without any planting.

*Time.*] It lieth down every year, and riseth again of its own sowing, but springeth not until the latter end of April at the soonest.

*Government and Virtues.*] It is a cold Saturnine plant. The common Nightshade is wholly used to cool hot inflammations either inwardly or outwardly, being no ways dangerous to any that use it, as most of the rest of the Nightshades are; yet it must be used moderately. The distilled water only of the whole herb is fittest and safest to be taken inwardly: The juice also clarified and taken, being mingled with a little vinegar, is good to wash the mouth and throat that is inflamed: But outwardly the juice of the herbs or berries, with oil of roses and a little vinegar and cerusse laboured together in a leaden mortar, is very good to anoint all hot inflammations in the eyes. It also doth much good for the shingles, ringworms, and in all running, fretting and corroding ulcers, applied thereunto. A pessary dipped in the juice, and dropped into the matrix, stayeth the immoderate flux of womens courses; a cloth wet therein, and applied to the testicles or cods, upon any swelling therein, giveth much ease, also to the gout that cometh of hot and sharp humours. The juice dropped into the ears, easeth pains thereof that arise of heat or inflammations. And Pliny saith, it is good for hot swellings under the throat. Have a care you mistake not the deadly nightshade for this; if you know it not, you may let them both alone, and take no harm, having other medicines sufficient in the book.

## The OAK.

IT is so well known (the timber thereof being the glory and safety of this nation by sea) that it needeth no description.

*Government and Virtues.*] Jupiter owns the Tree. The leaves and bark of the Oak, and the acorn cups, do bind and dry very much. The inner bark of the Tree, and the thin skin that covereth the acorn, are most used to stay the spit-

ting of blood, and the bloody flux. The decoction of the bark, and the powder of the cups, do ſtay vomitings, ſpitting of blood, bleeding at the mouth, or other flux of blood in men or women; laſks alſo, and the involuntary flux of natural ſeed. The acorn in powder taken in wine, provoketh urine, and reſiſteth the poiſon of venomous creatures. The decoction of acorns and the bark made in milk and taken, reſiſteth the force of poiſonous herbs and medicines, as alſo the virulency of cantharides, when one by eating them hath his bladder exulcerated, and piſſeth blood. Hippocrates ſaith, he uſed the fumes of Oak leaves to women that were troubled with the ſtrangling of the mother; and Galen applied them, being bruiſed to cure green wounds. The diſtilled water of the Oaken bud, before they break out into leaves is good to be uſed either inwardly or outwardly, to aſſuage inflammations, and to ſtop all manner of fluxes in man or woman. The ſame is ſingular good in peſtilential and hot burning fevers; for it reſiſteth the force of the infection, and allayeth the heat: It cooleth the heat of the liver, breaketh the ſtone in the kidneys, and ſtayeth women's courſes. The decoction of the leaves worketh the ſame effects. The water that is found in the hollow places of old Oaks, is very effectual againſt any foul or ſpreading ſcabs. The diſtilled water (for concoction, which is better) of the leaves, is one of the beſt remedies that I know of for the whites in women.

## Oats.

ARE ſo well known that they need no deſcription. *Government and Virtues.*] Oats fried with bay ſalt, and applied to the ſides, take away the pains of ſtitches and wind in the ſides of the belly. A poultice made of meal of Oats, and ſome oil of bays put thereunto, helpeth the itch and the leproſy, as alſo the fiſtulas of the fundament, and diſſolveth hard impoſthumes. The meal of Oats boiled with vinegar, and applied, taketh away freckles and ſpots in the face and other parts of the body.

## One Blade.

*Deſcript.*] THIS ſmall plant never beareth more than one leaf, but only when it riſeth up with his ſtalk, which thereon beareth another, and ſeldom more, which are of a bluiſh green colour, pointed, with many

ribs of veins therein, like plantain. At the top of the ſtalk grow many ſmall white flowers, ſtar faſhion, ſmelling ſomewhat ſweet; after which come ſmall red berries, when they are ripe. The root is ſmall, of the bigneſs of a ruſh, lying and creeping under the upper crust of the earth, ſhooting forth in divers places.

*Place.*] It groweth in moiſt, ſhadowy, and graſſy places of woods, in many places of this land.

*Time.*] It flowereth about May, and the berries are ripe in June, and then quickly periſheth until the next year it ſpringeth from the ſame root again.

*Government and Vertues.*] It is a precious herb of the Sun. Half a dram, or a dram at moſt, in powder of the roots hereof taken in wine and vinegar, of each equal parts, and the party laid preſently to ſweat thereupon, is held to be a ſovereign remedy for thoſe that are infected with the plague, and have a ſore upon them, by expelling the poiſon and infection, and defending the heart and ſpirits from danger. It is a ſingular good wound herb, and is there upon uſed with the other like effects in many compound balms for curing of wounds, be they freſh and green, or old and malignant, and eſpecially if the ſinews be burnt.

## Orchis.

IT hath gotten almoſt as many ſeveral names attributed to the ſeveral ſorts of it, as would almoſt fill a ſheet of paper; as dog-ſtones, goat ſtones, fool-ſtones, fox-ſtones, ſatirion, cullians, together with many others too tedious to reheatſe.

*Deſcript.*] To deſcribe all the ſeveral ſorts of it, were an endleſs piece of work; therefore I ſhall only deſcribe the roots, becauſe they are to be uſed with ſome diſcretion. They have each of them a double root within, ſome of them are round, in others like a hand; theſe roots alter every year by courſe, when the one riſeth and waxeth full, the other waxeth lank, and periſheth: Now it is that which is full which is to be uſed in medicines, the other being either of no uſe at all, or elſe according to the humour of ſome, it deſtroys and diſannuls the virtue of the other, quite undoing what that doth.

*Time.*] One or other of them may be found in flower from the beginning of April to the latter end of August.

*Temperature and Virtues.*] They are hot and moist in operation, under the dominion of Dame Venus, and provoke luſt exceedingly, which, they ſay, the dried and withered roots do reſtrain. They are held to kill worms in children; as alſo being bruiſed and applied to the place, to heal the king's evil.

## ONIONS.

THEY are ſo well known, that I need not ſpend time about writing a deſcription of them.

*Government and Virtues.*] Mars owns them, and they have gotten this quality, to draw any corruption to them, for if you peel one, and lay it upon a dunghill, you ſhall find him rotten in half a day, by drawing putrefaction to it; then being bruiſed and applied to a plague ſore, it is very probable it will do the like. Onions are flatulent, or windy; yet they do ſomewhat provoke appetite, increaſe thirſt, eaſe the belly and bowels, provoke womens courſes, help the biting of a mad dog, and of other venomous creatures, to be uſed with honey and rue, increaſe ſperm, eſpecially the ſeed of them. They alſo kill worms in children if they drink the water faſting wherein they have been ſteeped all night. Being roaſted under the embers, and eaten with honey or ſugar and oil, they much conduce to help an inveterate cough, and expectorate the tough phlegm. The juice being ſnuffed up in the noſtrils, purgeth the head, and helpeth the lethargy, (yet the often eating them is ſaid to procure pains in the head.) It hath been held by divers country people a great preſervative againſt infection, to eat Onions faſting with bread and ſalt: As alſo to make a great Onion hollow, filling the place with good treacle, and after to roaſt it well under the embers, which, after taking away the outermoſt ſkin thereof, being beaten together, is a ſovereign ſalve for either plague or ſores, or any other putrified ulcer. The juice of Onions is good for either ſcalding or burning by fire, water, or gunpowder, and uſed with vinegar, taketh away all blemiſhes, ſpots and marks in the ſkin; and dropped in the ears, eaſeth the pains and noiſe of them. Applied alſo with figs

beaten together, helpeth to ripen and break impostumes, and other soars.

Leeks are as like them in quality, as the pome-water is like an apple: They are a remedy against a surfeit of mushrooms, being baked under the embers and taken; and being boiled and applied very warm, help the piles. In other things they have the same property as the Onions, although not so effectual.

## Orpine.

*Descript.* ] COMMON Orpine riseth up with divers round brittle stalks, thick set with flat and fleshy leaves, without any order, and little or nothing dented about the edges, of a green colour: The flowers are white, or whitish, growing in tufts, after which come small chaffy husks, with seeds like dust in them. The roots are divers thick, round, white tuberous clogs; and the plant groweth not so big in some places as in others where it is found.

*Place.* ] It is frequent in almost every county of this land, and is cherished in gardens with us, where it groweth greater than that which is wild, and groweth in shadowy sides of fields and woods.

*Time.* ] It flowereth about July, and the seed is ripe in August.

*Government and Virtues.* ] The Moon owns the herb, and he that knows but her exaltation, knows what I say is true. Orpine is seldom used in inward medicines with us, altho' Tragus saith from experience in Germany, that the distilled water thereof is profitable for gnawings or excoriations in the stomach or bowels, or for ulcers in the lungs, liver or other inward parts, as also in the matrix, and helpeth all those diseases, being drank for certain days together. It slayeth the sharpness of humours in the bloody-flux, and other fluxes in the body or in wounds. The root thereof also performeth the like effect. It is used outwardly to cool any heat or inflammation upon any hurt or wound, and easeth the pains of them; as also, to heal scaldings or burnings, the juice thereof being beaten with some green sallad oil, and anointed. The leaf bruised, and laid to any green wound in the hands, or legs, doth heal them

quickly; and being bound to the throat, much helpeth the quinsy; it helpeth also ruptures and burstenness. If you please to make the juice thereof into a syrup with honey or sugar, you may safely take a spoonful or two at a time, (let my author say what he will) for a quinsy, and you shall find the medicine more pleasant, and the cure more speedy, than if you had taken a dog's turd, which is the vulgar cure.

## Parsley.

THIS is so well known, that it needs no description. *Government and Virtues.*] It is under the dominion of Mercury; is very comfortable to the stomach; helpeth to provoke urine and women's courses, to break wind both in the stomach and bowels, and doth a little open the body, but the root much more. It openeth obstructions both of liver and spleen, and is therefore accounted one of the five opening roots. Galen commended it against the falling sickness, and to provoke urine mightily, especially if the roots be boiled, and eaten like parsnips. The seed is effectual to provoke urine and women's courses, to expel wind, to break the stone, and easeth the pains and torments thereof; it is also effectual against the venom of any poisonous creature, and the danger that cometh to them that have the lethargy, and is as good against the cough. The distilled water of Parsley is a familiar medicine with nurses to give their children when they are troubled with wind in the stomach or belly, which they call the frets; and is also much available to them that are of great years. The leaves of Parsley laid to the eyes that are inflamed with heat, or swollen, doth much help them, if it be used with bread or meal; and being fried with butter, and applied to womens breasts that are hard through the curdling of their milk, it abateth the hardness quickly, and also it taketh away black and blue marks coming of bruises or falls. The juice thereof dropped into the ears with a little wine, easeth the pains. Tragus setteth down an excellent medicine to help the jaundice and falling sickness, the dropsy, and stone in the kidneys, in this manner: Take of the seed of Parsley, Fennel, Anise, and Carraways, of each an ounce; of the roots of Parsley, Burnet, Saxifrage, and

Carraways, of each an ounce and a half; let the ſeeds be bruiſed, and the roots waſhed and cut ſmall; let them lie all night in ſteep in a bottle of white wine, and in the morning be boiled in a cloſe earthern veſſel until a third part or more be waſted; which being ſtrained and cleared, take four ounces thereof morning and evening firſt and laſt, abſtaining from drink after it for three hours. This openeth obſtructions of the liver and ſpleen, and expelleth the dropſy and jaundice by urine.

PARSLEY PIERT, or, PARSLEY BREAKSTONE.

*Deſcript.*] THE root, although it be very ſmall and thready, yet it continues many years, from whence ariſe many leaves lying along on the ground, each ſtanding upon a long ſmall foot-ſtalk, the leaves as broad as a man's nail, very deeply dented on the edges, ſomewhat like a parſley leaf, but of a very duſky green colour. The ſtalks are very weak and ſlender, about three or four fingers in length, ſet ſo full of leaves that they can hardly be ſeen, either having no foot-ſtalk at all, or but very ſhort; the flowers are ſo ſmall they can hardly be ſeen, and the ſeed as ſmall as may be.

*Place.*] It is a common herb throughout the nation, and rejoiceth in barren, ſandy, moiſt places. It may be found plentifully about Hampſtead Heath, Hyde Park, and in Tothill fields.

*Time.*] It may be found all the Summer-time, even from the beginning of April to the end of October.

*Government and Virtues.*] Its operation is very prevalent to provoke urine, and to break the ſtone. It is a very good ſallad herb. It were good the gentry would pickle it up as they pickle up ſamphire for their uſe all the Winter. I cannot teach them how to do it; yet this I can tell them, it is a very wholeſome herb. They may alſo keep the herb dry, or in a ſyrup, if they pleaſe. You may take a dram of the powder of it in white wine; it would bring away gravel from the kidneys inſenſibly, and without pain. It alſo helps the ſtrangury.

PARSNIP.

THE garden kind thereof is so well known (the root being commonly eaten) that I shall not trouble you with any description of it. But the wild kind being of more physical use, I shall in this place describe it unto you.

*Descript.*] The wild Parsnip differeth little from the garden, but groweth not so fair and large, nor hath so many leaves, and the root is shorter, more woody, and not so fit to be eaten, and therefore more medicinal.

*Place.*] The name of the first sheweth the place of its growth. The other groweth wild in divers places, as in the marshes by Rochester, and elsewhere, and flowereth in July; the seed being ripe about the beginning of August, the second year after the sowing: for if they do flower the first year the country people call them Madneps.

*Government and Virtues.*] The garden Parsnips are under Venus. The garden Parsnip nourisheth much, and is good and wholesome nourishment, but a little windy, whereby it is thought to procure bodily lust; but it fatteneth the body much, if much used. It is conducible to the stomach and reins, and provoketh urine. But the wild Parsnip hath a cutting, attenuating, cleansing, and opening quality therein. It resisteth and helpeth the bitings of serpents, easeth the pains and stitches in the sides, and dissolveth wind both in the stomach and bowels, which is the colic, and provoketh urine. The root is often used, but the seed much more. The wild being better than the tame, shews Dame Nature to be the best physician.

COW PARSNIP.

*Descript.*] THIS groweth with three or four large, spread winged, rough leaves, lying often on the ground, or else raised a little from it, with long, round, hairy foot-stalks under them, parted usually into five divisions, the two couples standing each against the other; and one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some leaves, and not so deep in others, of a whitish green colour, smelling somewhat strongly; among which riseth up a round, crested, hairy stalk, two or three feet high, with a few joints and leaves thereon, and branched at the top, where stand large

tumbels of white, and sometimes reddish flowers, and after them flat, whitish, thin, winged seed, two always joined together. The root is long and white, with two or three long strings growing down into the ground, smelling likewise strongly and unpleasant.

*Place.*] It groweth in moist meadows, and the borders and corners of fields, and near ditches, through this land.

*Time.*] It flowereth in July, and seedeth in August.

*Government and Virtues.*] Mercury hath the dominion over them. The seed thereof, as Galen saith, is of a sharp and cutting quality, and therefore is a fit medicine for a cough and shortness of breath, the falling sickness and jaundice. The root is available to all the purposes aforesaid, and is also of great use to take away the hard skin that groweth on a fistula, if it be but scraped upon it. The seed hereof being drank, cleanseth the belly from tough phlegmatic matter therein, easeth them that are liver grown, womens passions of the mother, as well being drank as the smoke thereof received underneath, and likewise raiseth such as are fallen into a deep sleep, or have the lethargy, by burning it under their nose. The seed and root boiled in oil, and the head rubbed therewith, helpeth not only those that are fallen into a frenzy, but also the lethargy or drowsy evil, and those that have been long troubled with the head-ach, if it be likewise used with rue. It helpeth also the running scab and the shingles. The juice of the flowers dropped into the ears that run and are full of matter, cleanseth and healeth them.

## The Peach Tree.

*Descript.*] A PEACH Tree groweth not so great as the apricot tree, yet spreadeth branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green leaves dented about the edges. The blossoms are greater than the plumb, and of a light purple colour; the fruit round, and sometimes as big as a reasonable pippin, others smaller, as also differing in colour and rifle, as ruffet, red, or yellow, waterish or firm, with a frize or cotton all over, with a cleft therein like an apricot, and a rugged, furrowed, great stone within

it, and a bitter kernel within the ſtone. It ſooner waxeth old, and decayeth, than the appricot, by much.

*Place.*] They are nurſed in gardens and orchards through this land.

*Time.*] They flower in the ſpring, and fructify in Autumn.

*Government and Virtues.*] Lady Venus owns this Tree, and by it oppoſeth the ill effects of Mars, and indeed for children and young people, nothing is better to purge choler and the jaundice, than the leaves or flowers of this Tree, being made into a ſyrup or conſerve; let ſuch as delight to pleaſe their luſt regard the fruit; but ſuch as have loſt their health, and their childrens, let them regard what I ſay, they may ſafely give two ſpoonfuls of the ſyrup at a time; it is as gentle as Venus herſelf. The leaves of Peaches bruſed and laid on the belly, kill worms; and ſo they do alſo being boiled in ale and drank, and open the belly likewiſe; and being dried is a ſafer medicine to diſcuſs humours. The powder of them ſtrewed upon freſh bleeding wounds ſtayeth their bleeding, and cloſeth them up. The flowers ſteeped all night in a little wine ſtanding warm, ſtrained forth in the morning, and drank faſting, doth gently open the belly, and move it downward. A ſyrup made of them, as the ſyrup of roſes is made, worketh more forcibly than that of roſes, for it provoketh vomiting, and ſpendeth wateriſh and hydropic humours by the continuance thereof. The flowers made into a conſerve, worketh the ſame effect. The liquor that droppeth from the tree, being wounded, is given in the decoction of Coltsfoot, to thoſe that are troubled with the cough or ſhortneſs of breath, by adding thereunto ſome ſweet wine, and putting ſome ſaffron alſo therein. It is good for thoſe that are hoarſe, or have loſt their voice; helpeth all defects of the lungs, and thoſe that vomit and ſpit blood. Two drams hereof given in the juice of lemons, or of raiſh, is good for them that are troubled with the ſtone. The kernels of the ſtones do wonderfully eaſe the pains and wringings of the belly, through wind or ſharp humours, and help to make an excellent medicine for the ſtone upon all occaſions, in this manner: *I take fifty kernels of peach-ſtones, and one hundred of the kernels of cherry-ſtones,* a

*handful of elder flowers fresh or dried, and three pints of muscadel; set them in a close pot into a bed of horse dung for ten days, after which distill in a glass with a gentle fire,* and keep it for your use; You may drink upon occasion three or four ounces at a time. The milk or cream of these kernels being drawn forth with some vervain water, and applied to the forehead and temples, doth much help to procure rest and sleep to sick persons wanting it. The oil drawn from the kernels, the temples being therewith anointed, doth the like. The said oil put into clysters, easeth the pains of the wind colic; and anointed on the lower part of the belly, doth the like, and dropped into the ears, easeth pains in them; the juice of the leaves doth the like. Being also anointed on the forehead and temples it helpeth the megrim, and all other parts in the head. If the kernels be bruised and boiled in vinegar, until they become thick, and applied to the head, it marvellously procures the hair to grow again upon bald places, or where it is too thin.

## The Pear Tree.

PEAR Trees are so well known, that they need no description.

*Government and Virtues.*] The Tree belongs to Venus, and so doth the apple tree. For their physical use they are best discerned by their taste. All the sweet and luscious sorts, whether manured or wild, do help to move the belly downwards, more or less. Those that are hard and sour, do, on the contrary, bind the belly as much, and the leaves do so also; Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling medicines; and if the wild sort be boiled with mushrooms, it makes them less dangerous. The said Pears boiled with a little honey, helps much the oppressed stomach, as all sorts of them do, some more, some less; but the harsher sorts do more cool and bind, serving well to be bound to green wounds, to cool and slay the blood, and to heal up the wound without farther trouble, or inflammation, as Galen saith he hath found by experience. The wild pears do sooner close up the lips of green wounds than others.

Schola Salerni adviseth to drink much wine after pears,

or else (say they) they are as bad as poison; nay, and they curse the tree, for it too; but if a poor man find his stomach oppressed by eating pears, it is but working hard, and it will do as well as drinking wine.

## Pellitory of Spain.

COMMON Pellitory of Spain, if it be planted in our gardens, it will prosper very well; yet there is one sort growing ordinarily here wild, which I esteem to be a little inferior to the other, if at all. I shall not deny you the description of them both.

*Descript.* ] Common Pellitory is a very common plant, and will not be kept in our gardens without diligent looking to. The roots goes down right into the ground bearing leaves, being long and finely cut upon the stalk, lying on the ground, much larger than the leaves of the camomile are. At the top it bears one single large flower at a place, having a border of many leaves, white on the upper side, and reddish underneath, with a yellow thrum in the middle, not standing so close as that of camomile doth.

The other common Pellitory which groweth here, hath a root of a sharp biting taste, scarce discernable by the taste from that before described, from whence arise divers brittle stalks, a yard high and more, with narrow long leaves finely dented about the edges, standing one above another up to the tops. The flowers are many and white, standing in tufts like those of yarrow, with a small, yellowish thrum in the middle. The seed is very small.

*Place.* ] The last groweth in fields by the hedges sides and paths, almost every where.

*Time.* ] It flowereth at the latter end of June and July.

*Government and Virtues* ] It is under the government of Mercury, and I am perswaded it is one of the best purgers of the brain that grows. An ounce of the juice taken in a draught of muskadel an hour before the fit of the ague comes, it will assuredly drive away the ague at the second or third time taking at the farthest. Either the herb or root dried and chewed in the mouth, purgeth the brain of phlegmatic humours; thereby not only easing pain in the head and teeth, but also hindereth the distilling of the brain upon the lungs and eyes, thereby preventing

oughs, phthsicks and consumption, the apoplexy and fal-ng sickness. It is an excellent approved remedy in the hargy. The powder or the herb or root being snuffed p the nostrils, procureth sneezing, and easeth the head-ch; being made into an ointment with hog's grease, it akes away black and blue spots occasioned by blows, or alls, and helps both the gout and sciatica.

## Pellitory of the Wall.

*Descript.*] It riseth with browniſh, red, tender, weak, clear, and almoſt transparent ſtalks, about two feet igh, upon which grow at the joints two leaves ſomewhat road and long, of a dark green colour, which afterwards urn browniſh, ſmooth on the edges, but rough and hairy, as the ſtalks are alſo. At the joints with the leaves from the middle of the ſtalk upwards, where it ſpreadeth into branches, and many ſmall, pale, purpliſh flowers in hairy rough heads, or huſks, after which come ſmall, black, rough ſeed, which will ſtick to any cloth or garment that ſhall touch it. The root is ſomewhat long, with ſmall fibres thereat, of a dark reddiſh colour, which abideth the Winter, altho' the ſtalks and leaves periſh and ſpring every year.

*Place.*] It groweth wild generally through the land, about the borders of fields, and by the ſides of walls, and among rubbiſh. It will endure well being brought up in gardens, and planted on the ſhady ſide, where it will ſpring of its own ſowing.

*Time.*] It flowereth in June and July, and the ſeed is ripe ſoon after.

*Government and Virtues.*] It is under the dominion of Mercury. The dried herb Pellitory made up into an electuary with honey, or the juice of the herb or the decoction thereof made up with ſugar or honey, is a ſingular remedy for an old or dry cough, the ſhortneſs of breath, and wheezing in the throat. Three ounces of the juice thereof taken at a time, doth wonderfully help ſtopping of the urine, and to expel the ſtone or gravel in the kidneys or bladder, and is therefore uſually put among other herbs uſed in clyſters to mitigate pains in the back, ſides, or bowels, proceeding of wind ſtopping of urine, the gravel or ſtone, as aforeſaid. If the bruiſed herb, ſprinkled with

some muskadel, be warmed upon a tile, or in a dish upon a few quick coals in a chafing-dish, and applied to the belly, it worketh the same effect. The decoction of the herb, being drank, easeth pains of the mother, and bringeth down womens courses: It also easeth those griefs that arise from obstructions of the liver, spleen, and reins. The same decoction, with a little honey added thereto, is good to gargle a sore throat. The juice held a while in the mouth, easeth pains in the teeth. The distilled water of the herb, drank with some sugar, worketh the same effects, and cleanseth the skin from spots, freckles, purples, wheals, sun-burn, morphew, &c. The juice dropped into the ears easeth the noise in them, and taketh away the pricking and shooting pains therein: The same, or the distilled water assuageth hot and swelling impostumes, burnings, and scaldings by fire or water; as also all other hot tumours and inflammations, or breakings-out of heat, being bathed often with wet cloths dipped therein: The said juice made into a liniment with cerusse, and oil of roses, and anointed therewith, cleanseth foul rotten ulcers, and stayeth spreading or creeping ulcers, and running scabs or sores in childrens heads, and helpeth to stay the hair from falling off the head: The said ointment, or the herb applied to the fundament, openeth the piles, and easeth their pains: and being made with goats tallow, helpeth the gout: The juice is very effectual to cleanse fistulas, and to heal them up safely; or the herb itself bruised and applied with a little salt. It is likewise also effectual to heal any green wound; if it be bruised and bound thereto for three days, you shall need no other medicine to heal it further. A poultice made hereof with mallows, and boiled in wine and oil, when bran and bean flower, and some oil put thereto, and applied warm to any bruised sinews, tendon, or muscle, doth in a very short time restore them to their strength, taking away the pains of the bruises, and dissolveth the congealed blood coming of blows, or falls from high places.

The juice of Pellitory of the Wall clarified and boiled in a syrup with honey, and a spoonful of it drank every morning by such as are subject to the dropsy; if continued that course, though but once a week, if ever they have

the dropsy, let them come but to me, and I will cure them *gratis*.

## Pennyroyal.

PENNYROYAL is so well known unto all I mean the common kind, that it needeth no description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into gardens, and differeth not from it, but only in the largeness of the leaves and stalks, in rising higher, and not creeping upon the ground so much. The flowers whereof are purple, growing in rundles about the stalks like the other.

*Place.*] The first, which is common in gardens, groweth also in many moist and watery places of this land.

The second is found wild in effect in divers places by the highways from London to Colchester, and thereabouts, more abundantly than in any other countries, and is also planted in their gardens in Essex.

*Time.*] They flower in the latter end of Summer, about August.

*Government and Virtues.*] The herb is under Venus. Dioscorides saith, that Pennyroyal maketh thin tough phlegm, warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt matter: Being boiled and drank, it provoketh womens courses, and expelleth the dead child and after-birth, and stayeth the disposition to vomit being taken in water and vinegar mingled together. And being mingled with honey and salt, it voideth phlegm out of the lungs, and purgeth melancholy by the stool. Drank with wine, it helpeth such as are bitten and stung with venomous beasts, and applied to the nostrils with vinegar, reviveth those that are fainting and swooning. Being dried and burnt, it strengtheneth the gums. It is helpful to those that are troubled with the gout, being applied of itself to the place until it was red, and applied in a plaister, it takes away spots or marks in the face, applied with salt, it profiteth those that are splenetick, or liver-grown. The decoction doth help the itch, if washed therewith; being put into baths for women to sit therein, it helpeth the swellings and hardness of the mother. The green herb bruised and put into vinegar, cleanseth foul ulcers, and taketh away the marks of

bruises and blows about the eyes, and all discolourings of the face by fire, yea, and the leprosy, being drank and outwardly applied: Boiled in wine with honey and salt, it helpeth the tooth-ach. It helpeth the cold griefs of the joints, taking away the pains, and, warmeth the cold part, being fall bound to the place, after a bathing or sweating in an hot house. Pliny addeth, that Pennyroyal and mint together, help faintings, being put into vinegar, and smelled unto, or put into the nostrils or mouth. It easeth head-ach, pains of the breast and belly, and gnawing of the stomach; applied with honey, salt, and vinegar, it helpeth cramps or convulsions of the sinews: Boiled in milk, and drank, it is effectual for the cough, and for ulcers and sores in the mouth; drank in wine it provoketh womens courses, and expelleth the dead child, and after-birth. Matthiolus saith, The decoction thereof being drank, helpeth the jaundice and dropsy, all pains of the head and sinews that come of a cold cause, and cleareth the eye-sight. It helpeth the lethargy, and applied with barley meal, helpeth burnings; and put into the ears easeth the pains of them.

## Male and Female Peony.

*Descript.* MALE Peony riseth up with brownish stalks whereon grow green and reddish leaves, upon a stalk without any particular division in the leaf at all. The flowers stand at the top of the stalks, consisting of five or six broad leaves, of a fair purplish red-colour, with many yellow threads in the middle standing about the head, which after riseth up to be the seed vessels, divided into two, three, or four crooked pods like horns, which being full ripe, open and turn themselves down backward, shewing within them divers round, black, shining, seeds, having also many crimson grains, intermixed with black, whereby it maketh a very pretty shew. The roots are great, thick, and long, spreading and running down deep in the ground.

The ordinary Female Peony hath as many stalks, and more leaves on them than the Male; the leaves not so large, but nicked on the edges, some with great and deep, others with smaller cuts and divisions, of a dead green colour. The flowers are of a strong heady scent, usually smaller, and

of a more purple colour than the Male, with yellow thrums about the head, as the Male hath. The seed vessels are like horns as in the Male, but smaller, the seed is black, but less shining. The roots consist of many short tuberous clogs, fastened at the end of long strings, and all from the heads of the roots, which is thick and short, and of the like scent with the Male.

*Place and Time.*] They grow in gardens, and flower usually about May.

*Government and Virtues.*] It is an herb of the Sun, and under the Lion. Physicians say, Male Peony roots are best; but Dr Reason told me Male Peony was best for men, and Female Peony for women, and he desires to be judged by his brother Dr Experience. The roots are held to be of more virtue than the seed; next the flowers, and last of all, the leaves. The root of the Male Peony, fresh gathered, having been found by experience to cure the falling sickness; but the surest way is, besides hanging it about the neck, by which children have been cured, to take the root of the Male Peony washed clean, and stamped somewhat small; and laid to infuse in sack, for 24 hours at the least, afterwards strain it, and take it first and last morning and evening, a good draught for sundry days together, before and after a full moon and this will also cure older persons, if the disease be not grown too old, and past cure, especially if there be a due and orderly preparation of the body with posset-drink made of betony, &c. The root is also effectual for women that are not sufficiently cleansed after child-birth, and such as are troubled with the mother; for which likewise the black seed beaten to powder, and given in wine, is also available. The black seed also taken before bed-time, and in the morning is very effectual for such as in their sleep are troubled with the disease called Ephialtes, or Incubus, but we do commonly call it the Night-mare; a disease which melancholy persons are subject unto: It is also good against melancholy dreams. The distilled water or syrup made of the flowers, worketh the same effects that the root and seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a plant, that it is possessed by few, and those great lovers of rarities in this kind.

PEPPERWORT, or DITTANDER.

*Descript.* OUR common Pepperwort sendeth forth somewhat long and broad leaves, of a light blueish greenish colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four feet high, spreading many branches on all sides, and having many small white flowers at the tops of them, after which follow small seeds in small heads. The root is slender, running much under ground, and shooting up again in many places, and both leaves and roots are very hot and sharp of taste, like pepper, for which cause it took the name.

*Place.* It groweth naturally in many places of this land, as at Clare in Essex; also near unto Exeter in Devonshire; upon Rochester Common in Kent; in Lancashire, and divers other places; but usually kept in gardens.

*Time.* It flowereth in the end of June, and in July.

*Government and Virtues.* Here is another martial herb for you, make much of it. Pliny and Paulus Ægineta say, that Pepperwort is very successful for the sciatica, or any other gout or pain in the joints, or any other inveterate grief: The leaves hereof to be bruised, and mixed with old hog's grease, and applied to the place, and to continue thereon four hours in men, and two hours in women, the place being afterwards bathed with wine and oil mixed together, and then wrapt up with wool or skins, after they have sweat a little. It also amendeth the deformities or discolourings of the skin, and helpeth to take away marks, scars, and scabs, or the foul marks of burning with fire or iron. The juice hereof is by some used to be given in ale to drink to women with child, to procure them a speedy delivery in travail.

PERIWINKLE.

*Descript.* THE common sort hereof hath many branches trailing or running upon the ground, shooting out small fibres at the joints as it runneth, taking thereby hold in the ground, and rooteth in divers places. At the joints of these branches stand two small, dark, green, shining leaves, somewhat like bay leaves, but smaller, and with them come forth also the flowers (one at a joint) standing upon a tender foot stalk, being somewhat long and hollow, parted at the brims, sometimes into four, sometimes into five leaves: The

ſaith alſo, they have a drying faculty, whereby they are good to ſolder the lips of wounds, and to cleanſe foul ulcers. The diſtilled water or juice is much eſteemed by French dames to cleanſe the ſkin from any roughneſs, deformity, or diſcolouring thereof; being boiled in wine and given to drink, it is a good remedy againſt the plague, and other peſtilential fevers, if the party after taking it be warm in his bed, and ſweat for two hours after, and uſe the ſame for twice at leaſt. It helpeth alſo all ſtingings and bitings of venomous beaſts, or mad dogs, being uſed inwardly, and applied outwardly. The ſame alſo openeth obſtructions of the liver, and is very available againſt the infirmities of the reins: it provoketh urine, and helpeth to expel the ſtone and gravel out of the kidneys and bladder, and helpeth much in all inward pains and ulcers. The decoction, or diſtilled water, is no leſs effectual to be applied to all wounds that are freſh and green, or old, filthy, fretting, and running ulcers, which it very effectually cureth in a ſhort ſpace. A little mixed with the juice, and dropped into the eyes, cleanſeth them from cloudy miſts, or thick films which grow over them, and hinder the ſight. It helpeth the tooth-ach, being dropped into the ear on the contrary ſide of the pain. It is alſo effectual to eaſe the pains of the hæmorrhoids or piles.

## Ground Pine, or, Chameritys.

*Deſcript.*] OUR common Ground Pine groweth low, ſeldom riſing above an hand's breadth high, ſhooting forth divers ſmall branches ſet with ſlender, ſmall, long, narrow, greyiſh, or whitiſh leaves, ſomewhat hairy, and divided into three parts, many buſhing together at a joint, ſome growing ſcatteringly upon the ſtalks, ſmelling ſomewhat ſtrong, like unto roſin: The flowers are ſmall, and of a pale yellow colour, growing from the joint of the ſtalk all along among the leaves; after which come ſmall and round huſks. The root is ſmall and woody, periſhing every year.

*Place.*] It groweth more plentifully in Kent than any other county of this land; as, namely, in many places on this ſide Dartford, along to Southfleet, Chatham, and Rocheſter, and upon Chatham Down, hard by the Beacon, and half a mile from Rocheſter, in a field nigh a houſe called Seleſys.

*Time.*] It flowereth and giveth feed in the Summer months.

*Government and Virtues.*] Mars owns the herb. The decoction of Ground Pine drank, doth wonderfully prevail against the ſtrangury, or any inward pains ariſing from the diſeaſes of the reins and urine, and is ſpecial good for all obſtructions of the liver and ſpleen, and gently openeth the body; for which purpoſe they were wont in former times to make pills with the powder thereof, and the pulp of figs. It marvellouſly helpeth all the diſeaſes of the mother, inwardly or outwardly applied, procuring womens courſes, and expelling the dead child and after-birth; yea, it is ſo powerful upon thoſe feminine parts, that it is utterly forbidden for women with child, for it will cauſe abortion or delivery before the time. The decoction of the herb in wine taken inwardly, or applied outwardly, or both, for ſome time together, is alſo effectual in all pains and diſeaſes of the joints, as gouts, cramps, palſies, ſciatica, and aches; for which purpoſe the pills made with powder of Ground Pine, and of hermodactyls with Venice turpentine are very effectual. The pills alſo, continued for ſome time, are ſpecial good for thoſe that have the dropſy, jaundice, and for griping pains of the joints, belly, or inward parts. It helpeth alſo all diſeaſes of the brain, proceeding of cold and phlegmatic humours and diſtillations, as alſo for the falling ſickneſs. It is a ſpecial remedy for the poiſon of the aconites, and other poiſonful herbs, as alſo againſt the ſtinging of any venomous creature. It is a good remedy for a cold cough, eſpecially in the beginning. For all the purpoſes aforeſaid, the herb being tunned up in new drink and drank, is almoſt as effectual, but far more acceptable to weak and dainty ſtomachs. The diſtilled water of the herb hath the ſame effects, but more weakly. The conſerve of the flowers doth the like, which Matthiolus much commendeth againſt the palſy. The green herb, or the decoction thereof, being applied, diſſolveth the hardneſs of womens breaſts, and all other hard ſwellings in any other part of the body. The green herb alſo applied, or the juice thereof with ſome honey, not only cleanſeth putrid, ſtinking, foul, and malignant ulcers and ſores of all ſorts, but healeth and ſoldereth

with also, they have a drying faculty, whereby they are good to solder the lips of wounds, and to cleanse foul ulcers. The distilled water or juice is much esteemed by French dames to cleanse the skin from any roughness, deformity, or discolouring thereof; being boiled in wine and given to drink, it is a good remedy against the plague, and other pestilential fevers, if the party after taking it be warm in his bed, and sweat for two hours after, and use the same for twice at least. It helpeth also all stingings and bitings of venomous beasts, or mad dogs, being used inwardly, and applied outwardly. The same also openeth obstructions of the liver, and is very available against the infirmities of the reins: it provoketh urine, and helpeth to expel the stone and gravel out of the kidneys and bladder, and helpeth much in all inward pains and ulcers. The decoction, or distilled water, is no less effectual to be applied to all wounds that are fresh and green, or old, filthy, fretting, and running ulcers, which it very effectually cureth in a short space. A little mixed with the juice, and dropped into the eyes, cleanseth them from cloudy mists, or thick films which grow over them, and hinder the sight. It helpeth the tooth-ach, being dropped into the ear on the contrary side of the pain. It is also effectual to ease the pains of the hæmorrhoids or piles.

## Ground Pine, or, Chamepitys.

*Descript.*] OUR common Ground Pine groweth low, seldom rising above an hand's breadth high, shooting forth divers small branches set with slender, small, long, narrow, greyish, or whitish leaves, somewhat hairy, and divided into three parts, many bushing together at a joint, some growing scatteringly upon the stalks, smelling somewhat strong, like unto rosin: The flowers are small, and of a pale yellow colour, growing from the joint of the stalk all along among the leaves; after which come small and round husks. The root is small and woody, perishing every year.

*Place.*] It groweth more plentifully in Kent than any other county of this land; as, namely, in many places on this side Dartford, along to Southfleet, Chatham, and Rochester, and upon Chatham Down, hard by the Beacon, and half a mile from Rochester, in a field nigh a house called Selefys.

into the eyes, easeth the inflammations in them, and taketh away the pin and web; and dropped into the ears, easeth the pains in them, and helpeth and removeth the heat. The same also with the juice of houseleek is profitable against all inflammations and breakings out of the skin, and against burnings and scaldings by fire and water. The juice or decoction made either of itself, or other things of the like nature, is of much use and good effect for old and hollow ulcers that are hard to be cured, and for cankers and sores in the mouth or privy parts of man or woman; and helpeth also the pains of the piles in the fundament. The juice mixed with oil of roses, and the temples and forehead anointed therewith, easeth the pains of the head proceeding from heat, and helpeth lunatic and frantic persons very much; so also the biting of serpents, or a mad dog. The same also is profitably applied to all hot gouts in the feet or hands, especially in the beginning. It is also good to be applied where any bone is out of joint, to hinder inflammations, swellings, and pains that presently rise thereupon. The powder of the dried leaves taken in drink, killeth worms of the belly; and boiled in wine, killeth worms that breed in old and foul ulcers. One part of Plantain water, and two parts of the brine of powdered beef, boiled together and clarified, is a most sure remedy to heal all spreading scabs or itch in the head and body, all manner of tetters, ringworms, the shingles, and all other running and fretting sores. Briefly, the Plantains are singular good wound herbs, to heal fresh or old wounds or sores, either inward or outward.

## Plumbs.

ARE so well known that they need no description.

*Government and Virtues.* All Plumbs are under Venus, and are like women, some better some worse. As there is great diversity of kinds, so there is in the operation of Plumbs, for some that are sweet moisten the stomach, and make the belly soluble: those that are sour quench thirst more, and bind the belly; the moist and watery do sooner corrupt in the stomach, but the firm do nourish more, and offend less. The dried fruit sold by the grocers under the name of Damask Prunes, do somewhat loosen the belly, and

being stewed, are often used, both in health and sickness, to relish the mouth and stomach, to procure appetite, and a little to open the body, allay choler, and cool the stomach. Plumb-tree leaves boiled in wine, are good to wash and gargle the mouth and throat, to dry the flux of rheum coming to the palate, gums, or almonds of the ears. The gum of the tree is good to break the stone. The gum or leaves boiled in vinegar and applied, kills tetters and ringworms. Matthiolus saith, The oil pressed out of the kernels of the stones, as oil of almonds is made, is good against the inflamed piles, the tumours or swellings of ulcers, hoarseness of the voice, roughness of the tongue and throat, and likewise the pains in the ears. And that five ounces of the said oil taken with one ounce of muskadel, driveth forth the stone, and helpeth the colick.

## Polypody of the Oak.

*Descript.* THIS is a small herb consisting of nothing but roots and leaves, bearing neither stalk, flower, nor seed, as it is thought. It hath three or four leaves rising from the root, every one single by itself, of about a hand length, are winged, consisting of many small narrow leaves, cut into the middle rib, standing on each side of the stalk, large below, and smaller up to the top, not dented nor notched at the edges at all, as the male fern hath, of sad green colour, and smooth on the upper side, but on the other side somewhat rough by reason of some yellowish spots set thereon. The root is smaller than one's little finger, lying allope, or creeping along under the upper crust of the earth, brownish on the outside and greenish within, of a sweetish harshness in taste, set with certain rough knags on each side thereof, having also much mossiness or yellow fairiness upon it, and some fibres underneath it, whereby it is nourished.

*Place.* It groweth as well upon old rotten stumps, or trunks of trees, as oak, beech, hazel, willow, or any other, as in the woods under them, and upon old mud walls, as also in mossy, stoney, and gravelly places near unto wood. That which groweth upon oak is accounted the best; but the quantity thereof is scarce sufficient for the common use.

*Time.*] It being always green, may be gathered for use at any time.

*Government and Virtues.*] And why, I pray, must Polypodium of the Oak only be used, gentle college of physicians? Can you give me but a glimpse of reason for it? It is only because it is dearest. Will you never leave your covetousness till your lives leave you? The truth is, that which grows upon the earth is best ('tis an herb of Saturn, and he seldom climbs trees) to purge melancholy; if the humour be otherwise, chuse you Polypodium accordingly. Meuse (who is called the physicians Evangelist for the certainty of his medicines, and the truth of his opinion) saith, That it drieth up thin humours, digesteth thick and tough, and purgeth burnt choler, and especially tough and thick phlegm, and thin phlegm also, even from the joints, and therefore good for those that are troubled with melancholy, or quartan agues, especially if it be taken in whey or honied water, or in barley-water, or the broth of a chicken with epithymum, or with beets and mallows. It is good for the hardness of the spleen, and for prickings or stitches in the sides, as also for the colick: Some use to put to it some fennel seeds, or annise seeds, or ginger, to correct that loathing it bringeth to the stomach, which is more than needeth, it being a safe and gentle medicine, fit for all persons, which daily experience confirmeth; and an ounce of it may be given at a time in a decoction, if there be not senna, or some other strong purger put with it. A dram or two of the powder of the dried roots taken fasting in a cup of honied water, worketh gently, and for the purposes aforesaid. The distilled water, both of roots and leaves is much commended for the quartan ague, to be taken many days together, as also against melancholy, or fearful and troublesome sleeps or dreams; and with some sugar-candy dissolved therein, is good against the cough, shortness of breath, and wheezings, and those distillations of thin rheum upon the lungs, which cause phthisicks, and oftentimes consumptions. The fresh roots beaten small, or the powder of the dried roots mixed with honey, and applied to the member that is out of joint, doth much help it; and applied also to the nose, cureth the disease called Polypus, which is a piece of flesh

growing therein, which in time ſtoppeth the paſſage of breath thro' that noſtril; and it helpeth thoſe clefts or chops that come between the fingers or toes.

## The Poplar Tree.

THERE are two ſorts of Poplars, which are moſt familiar with us, viz. the Black and White, both which I ſhall here deſcribe unto you.

*Deſcript.*] The White Poplar groweth great, and reaſonably high, covered with thick, ſmooth, white bark, eſpecially the branches, having long leaves cut into ſeveral diviſions almoſt like a vine leaf, but not of ſo deep a green on the upper ſide, and hoary white underneath, of a reaſonable good ſcent, the whole form repreſenting the form of Colts-foot. The catkins which it bringeth forth before the leaves, are long, and of a faint reddiſh colour, which fall away, bearing ſeldom good ſeed with them. The wood hereof is ſmooth, ſoft, and white, very finely waved, whereby it is much eſteemed.

The Black Poplar groweth higher and ſtraiter than the White, with a greyiſh bark, bearing broad green leaves, ſomewhat like ivy leaves, not cut in on the edges like the White, but whole and dented, ending in a point, and not white underneath, hanging by ſlender long foot ſtalks, which with the air are continually ſhaken like as the aſpen leaves are. The Catkins hereof are greater than thoſe of the White, compoſed of many round green berries, as if they were ſet together in a long cluſter, containing much downy matter, which being ripe, is blown away with the wind. The clammy buds hereof, before they ſpread into leaves, are gathered to make Unguentum Populneum, and are of a yellowiſh green colour, and ſmall, ſomewhat ſweet, but ſtrong. The wood is ſmooth, tough and white, and eaſy to be cloven: On both theſe trees groweth a ſweet kind of muſk, which in former times was uſed to put into ſweet ointments.

*Place.*] They grow in moiſt woods, and by water-ſides in ſundry places of this land; yet the White is not ſo frequent as the other.

*Time.*] Their time is likewiſe expreſſed before: The catkins coming forth before the leaves in the end of Summer.

*Government and Virtues.*] Saturn hath dominion over

ooth, White Poplar, saith Galen, is of a cleansing property; The weight of one ounce in powder of the bark thereof being drank, saith Dioscorides, is a remedy for those that are troubled with the sciatica, or the strangury. The juice of the leaves dropped warm into the ears, easeth the pains in them. The young clammy buds or eyes, before they break out into leaves, bruised, and a little honey put to them, is a good medicine for a dull sight. The Black Poplar is held to be more cooling than the White, and therefore the leaves bruised with vinegar and applied, help the gout. The seed drank in vinegar, is held good against the falling-sickness. The water that droppeth from the hollow places of this tree, taketh away warts, pushes, wheals, and other the like breakings out of the body. The young Black Poplar buds, saith Matthiolus, are much used by women to beautify their hair, bruising them with fresh butter, straining them after they have been kept for some time in the Sun. The ointment called Populneon, which is made of this Poplar, is singular good for all heat and inflammations in any part of the body, and tempereth the heat of wounds. It is much used to dry up the milk of womens breasts, when they have weaned their children.

## Poppy.

OF this I shall describe three kinds, *viz.* the White and Black of the garden, and the Erratick Wild Poppy, or Corn Rose.

*Descript.* The White Poppy hath at first four or five whitish green leaves lying upon the ground, which rise with the stalk, compassing it at the bottom of them, and are very large, much cut or torn on the edges, and dented also besides: The stalk which is usually four or five feet high, hath sometimes no branches at the top, and usually but two or three at most, bearing every one but one head wrapped up in a thin skin, which boweth down before it is ready to blow, and then rising, and being broken, the flowers within it spreading itself open, and consisting of four very large, white round leaves, with many whitish round threads in the middle, set about a small, round, green head, having a crown, or flat like cover at the head thereof, which growing ripe, becomes as large as a great apple, wherein are contained a great num-

er of ſmall round ſeeds in ſeveral partitions or divi-ions next unto the ſhell, the middle thereof remaining ollow, and empty. The whole plant, both leaves, ſtalks nd heads, while they are freſh, young, and green, yield milk when they are broken, of an unpleaſant bitter aſte, almoſt ready to provoke caſting, and of a ſtrong hea-y ſmell, which being condenſate, is called Opium. The oot is white and woody, periſhing as ſoon as it hath given ripe ſeed.

The Black Poppy little differeth from the former, until it beareth i a flower, which is ſomewhat leſs, and of a black purpliſh colour, but without any purple ſpots in the bottom of the leaf. The head of the ſeed is much leſs than the former, and openeth itſelf a little round about the top, under the crown, ſo that the ſeed, which is very black, will fall out, if one turn the head thereof downward.

The wild Poppy, or Corn Roſe, hath long and narrow leaves, very much cut in on the edges into many diviſions, of a light green colour, ſometimes hairy withal: The ſtalk is blackiſh and hairy alſo, but not ſo tall as the garden-kind, having ſome ſuch-like leaves thereon as grow below, parted into three or four branches ſometimes, wheron grow ſmall hairy heads bowing down before the ſkin break, wherein the flower is incloſed, which when it is full blown open, is of a fair yelloviſh red or crimſon colour, and in ſome much paler, without any ſpot in the bottom of the leaves, having many black ſoft threads in the middle, compaſſing a ſmall green head, which when it is ripe, is not bigger than one's little fingers end, wherein is contained much black ſeed, ſmaller by half than that of the garden. The root periſheth every year, and ſpringeth again of its own ſowing. Of this kind there is one leſſer in all the parts thereof, and differeth in nothing elſe.

*Place.*] The garden kinds do not naturally grow wild in any place, but are all ſown in gardens where they grow.

The wild Poppy or Corn Roſe, is plentifully enough, and many times too much in the corn fields of all counties through this land, and alſo upon ditch banks, and by hedge ſides. The ſmaller wild kind is alſo found in corn

fields, and also in some other places, but not so plentifully as the former.

*Time.*] The garden-kinds are usually sown in the spring, which then flower about the end of May, and somewhat earlier, if they spring of their own sowing.

The Wild kind flower usually from May until July, and the seed of them is ripe soon after the flowering.

*Government and Virtues.*] The herb is Lunar, and of the juice of it is made opium; only for lucre of money they cheat you, and tell you it is a kind of tear, or some such like thing, that drops from poppies when they weep, and that is somewhere beyond the seas, I know not where beyond the Moon. The garden poppy heads with seeds made into a syrup, is frequently, and to good effect used to procure rest, and sleep, in the sick and weak, and to stay catarrhs and defluxions of thin rheums from the head into the stomach and lungs, causing a continual cough, the fore-runner of a consumption; it helpeth also hoarseness of the throat, and when one hath lost their voice, which the oil of the seed doth likewise. The black seed boiled in wine, and drank, is said also to stay the flux of the belly and womens courses. The empty shells, or poppy heads are usually boiled in water, and given to procure rest and sleep: So do the leaves in the same manner; as also if the head and temples be bathed with the decoction warm, or with the oil of poppies, the green leaves or heads bruised, and applied with a little vinegar, or made into a poultice with barley-meal or hog's-grease, cooleth and tempereth all inflammations, as also the disease called St. Anthony's fire. It is generally used in treacle and mithridate, and in all other medicines that are made to procure rest and sleep, and to ease pains in the head, as well as in other parts. It is also used to cool inflammations, agues, or frenzies, or to stay defluctions which cause a cough or consumption, and also other fluxes of the belly, or women's courses; it is also put into hollow teeth, to ease the pain, and hath been found by experience to ease the pains of the gout.

The Wild Poppy, or Corn-Rose (as Matthiolus saith) is good to prevent the falling-sickness. The syrup made

with the flower, is with good effect given to those that have the pleurisy; and the dried flowers also, either boiled in water, or made into powder and drank, either in the distilled water of them, or some other drink, worketh the like effect. The distilled water of the flowers is held to be of much good use against surfeits, being drank evening and morning; It is also more cooling than any of the other poppies, and therefore cannot but be as effectual in hot agues, frenzies, and other inflammations either inward or outward. Galen saith, The seed is dangerous to be used inwardly.

## Purslane.

GARDEN Purslane (being used as a salad herb) is so well known that it needeth no description; I shall therefore only speak of its virtues as follows:

*Government and Virtues.*] 'Tis an herb of the Moon It is good to cool any heat in the liver, blood, reins, and stomach and in hot agues nothing better: It stayeth hot and choleriek fluxes of the belly, women's courses, the whites, and gonorrhœa, or running of the reins, the distillation from the head, and pains therein proceeding from heat, want of sleep or the frenzy. The seed is more effectual than the herb, and is of singular good use to cool the heat and sharpness of urine, and the outrageous lust of the body, venereous dreams, and the like: Insomuch that the over frequent use hereof extinguisheth the heat and virtue of natural procreation. The seed bruised and boiled in wine, and given to children, expelleth the worms. The juice of the herb is held as effectual to all the purposes aforesaid; as also to stay vomitings, and taken with some sugar or honey, helpeth an old and dry cough, shortness of breath, and the phthisick, and stayeth immoderate thirst. The distilled water of the herb is used by many (as the more pleasing) with a little sugar to work the same effects. The juice also is singular good in the inflammations and ulcers in the secrets parts of man or woman, as also the bowels and haemorrhoids, when they are ulcerous, or excoriations in them: The herb bruised and applied to the forehead and temples, allays excessive heat therein, that hinders rest and sleep; and applied to the eyes, taketh away the redness and inflammation in

them, and thoſe other parts where puſhes, wheals, pimples, St. Anthony's fire, and the like, break forth; if a little vinegar be put to it, and laid to the neck, with as much of gall and linſeed together, it taketh away the pains therein, and the crick in the neck. The juice is uſed with oil of roſes for the ſame cauſes, or for blaſting by lightening, and burnings by gunpowder, or for womens ſore breaſts, and to allay the heat in all other ſores or hurts; applied alſo to the navels of children that ſtick forth, it helpeth them; it is alſo good for ſore mouths and gums that are ſwollen, and to faſten looſe teeth. Camerarius ſaith, that the diſtilled water uſed by ſome, took away the pains of their teeth, when all other remedies failed and the thickened juice made into pills with the powder of gum tragacanth and arabick, being taken, prevaileth much to help thoſe that make bloody water. Applied to the gout it eaſeth pains thereof, and helpeth the hardneſs of the ſinews, if it come not of the cramp, or a cold cauſe.

## Primroses.

THEY are ſo well known, that they need no deſcription. Of the leaves of Primroſes is made as fine a ſalve to heal wounds as any that I know; you ſhall be taught to make ſalves of any herb at the latter end of the book: make this as you are taught there, and do not (you that have any ingenuity in you) ſee your poor neighbours go with wounded limbs when an halfpenny coſt will heal them.

## Privet.

*Deſcript.*] OUR common Privet is carried up with many ſlender branches to a reaſonable height and breadth, to cover arbours, bowers and banqueting houſes, and brought, wrought, and cut into ſo many forms, of men, horſes, birds, &c. which though at firſt ſupported, groweth afterwards ſtrong of itſelf. It beareth long and narrow green leaves by the couples, and ſweet ſmelling white flowers in tufts at the end of the branches, which turn into ſmall black berries that have a purpliſh juice with them, and ſome ſeeds that are flat on the one ſide, with a hole or dent therein.

*Place.*] It groweth in this land, in divers woods.

*Time.*] Our Privet flowereth in June and July, the berries are ripe in Auguſt and September.

*Government and Virtues.*] The Moon is lady of this.

It is little used in physick with us in these times, more than in lotions to wash sores, and sore mouths, and to cool inflammations, and dry up fluxes. Yet Matthiolus saith, it serveth to all the uses for the which cypress, or the East Privet, is appointed by Dioscorides and Galen. He farther saith, That the oil that is made of the flowers of Privet infused therein, and set in the Sun, is singular good for the inflammations of wounds and for the head-ach, coming of an hot cause. There is a sweet water also distilled from the flowers, that is good for all those diseases that need cooling and drying, and therefore helpeth all fluxes of the belly or stomach, bloody fluxes, and womens courses, being either drank or applied; as all those that void blood at the mouth, or any other place, and for distillations of rheum in the eyes, especially if it be used with tutia.

## QUEEN of the MEADOWS, MEADOW SWEET or MEAD SWEET.

*Descript.*] THE stalks of this are reddish, rising to be three feet high, sometimes four or five feet, having at the joints thereof large winged leaves, standing one above another at distances, consisting of many and somewhat broad leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like unto elm leaves, having also some smaller leaves with them (as agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and greyish underneath, of a pretty sharp scent and taste, somewhat like unto the burnet, and a leaf hereof put into a cup of claret wine, giveth also a fine relish to it. At the tops of the stalks and branches stand many tufts of small white flowers thrust thick together, which smell much sweeter than the leaves; and in their places, being fallen, some crooked and cornered seed. The root is somewhat woody, and blackish on the outside, and brownish within, with divers great strings, and lesser fibres set thereat, of a strong scent, but nothing so pleasant as the flowers and leaves, and perisheth not, but abideth many years, shooting forth a new every spring.

*Place.*] It groweth in moist meadows, that lie much wet, or near the courses of water.

*Time.*] It flowereth in some places or other all the three

Summer months, that is, June, July, and August, and the seed is ripe soon after.

*Government and Virtues.*] Venus claims dominion over the herb. It is used to stay all manner of bleedings, fluxes, vomitings, and womens courses, as also their whites: It is said to alter and take away the fits of the quartan agues, and to make a merry heart, for which purpose some use the flowers and some the leaves. It helpeth speedily those that are troubled with the colick; being boiled in wine, and with a little honey taken warm, it openeth the belly, but boiled in red wine, and drank, it stayeth the flux of the belly. Outwardly applied, it helpeth old ulcers that are cankerous, or hollow and fistulous, for which it is by many much commended, as also for the sores in the mouth or secret parts. The leaves, when they are full grown, being laid on the skin, will, in a short time, raise blisters thereon, as Tragus saith. The water thereof helpeth the heat and inflammation in the eyes.

## The QUINCE TREE.

*Descript.*] THE ordinary Quince Tree groweth often to the height and bigness of a reasonable apple tree, but more usually lower, and crooked, with a rough bark, spreading arms and branches far abroad. The leaves are somewhat like those of the apple tree, but thicker, broader, and fuller of veins, and whiter on the under side, not dented at all about the edges. The flowers are large and white, sometimes dashed over with a blush. The fruit that followeth is yellow, being near ripe, and covered with a white fleeze, or cotton; thick set on the younger, and growing less as they grow to be thorough ripe, bunched out oftentimes in some places, some being like an apple, and some a pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of an unpleasant taste to eat fresh; but being scalded, roasted, baked, or preserved, becometh more pleasant.

*Place and Time.*] It best likes to grow near ponds and water sides, and is frequent through this land; and flowereth not until the leaves be come forth. The fruit is ripe in September or October.

*Government and Virtues.*] Old Saturn owns this Tree.

Quinces when they are green help all sorts of fluxes in men or women, and cholerick lasks, casting, and whatever needeth astriction, more than any way prepared by fire; yet the syrup of the juice, or the conserve, are much conducible, much of the binding quality being consumed by the fire; if a little vinegar be added, it stirreth up the languishing appetite, and the stomach given to casting: some spices being added, comforteth and strengtheneth the decaying and fainting spirits, and helpeth the liver oppressed, that it cannot perfect the digestion, or correcteth choler and phlegm. If you would have them purging, put honey to them instead of sugar; and if more laxative, for choler, rhubarb; for phlegm, turbith; for watery humours, scammony; but if more forcibly to bind, use the unripe Quinces, with roses and acacia, hypocistis, and some terrified rhubarb. To take the crude juice of Quinces, is held a preservative against the force of deadly poison; for it hath been found most certainly true, that the very smell of a Quince hath taken away all the strength of the poison of white hellebore. If there be need of any outwardly binding and cooling of hot fluxes, the oil of Quinces, or other medicines that may be made thereof, are very available to anoint the belly or other parts therewith; it likewise strengtheneth the stomach and belly, and the sinews that are loosened by sharp humours falling on them, and restraineth immoderate sweatings. The mucilage taken from the seeds of Quinces, and boiled in a little water, is very good to cool the heat, and heal the sore breasts of women. The same with a little sugar, is good to lenify the harshness and hoarseness of the throat, and roughness of the tongue. The cotton or down of Quinces boiled and applied to plague sores, healeth them up; and laid as a plaister, made up with wax, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shed.

## Raddish, or Horse-Raddish.

THE garden Radish is so well known, that it needeth no description.

*Descript.* The Horse Raddish hath its first leaves that rise before Winter, about a foot and a half long, very much cut in or torn on the edges into many parts, of a dark green

colour, with a great rib in the middle; after these have been up a while, others follow, which are greater, rougher, broader and longer, whole and not divided at first, but only somewhat rougher dented about the edges; the stalks when it beareth flowers (which is seldom) is great, rising up with some few lesser leaves thereon, to three or four feet high, spreading at the top many small branches of whitish flowers, made of four leaves a-piece; after which come small pods, like those of shepherd's purse, but seldom with any seed in them. The root is great, long, white and rugged, shooting up divers heads of leaves, which may be parted for increase, but it doth not creep in the ground, nor run above ground, and is of a strong, sharp, and bitter taste almost like mustard.

*Place.*] It is found wild in some places, but is chiefly planted in gardens, and joyeth in moist and shadowy places.

*Time.*] It seldom flowereth but when it doth it is in July.

*Government and Virtues.*] They are both under Mars. The juice of Horse-radish given to drink, is held to be very effectual for the scurvy. It killeth the worms in children, being drank, and also laid upon the belly. The root bruised and laid to the place grieved with the sciatica, joint-ach, or the hard swellings of the liver and spleen, doth wonderfully help them all. The distilled water of the herb and root is more familiar to be taken with a little sugar for all the purposes aforesaid.

Garden Raddishes are in wantonness by the country eaten as a sallad, but they breed but scurvy humours in the stomach, and corrupt the blood, and then send for a physician as fast as you can; this is one cause maker the owners of such nice palates so unhealthful; yet for such as are troubled with the gravel, stone, or stoppage of urine, they are good physick, if the body be strong that takes them: you may make the juice of the roots into a syrup if you please, for that use. They purge by urine exceedingly.

## RAGWORT.

IT is called also St. James's-wort, and Stagger-wort, and Stammer-wort, and Segrum.

*Descript.*] The greater common Ragwort hath many large and long, dark green leaves lying on the ground, very much

rent and torn on the ſides in many places; from among which riſe up ſometimes but one, and ſometimes two or three ſquare or creſted blackiſh or brownish ſtalks, three or four feet high, ſometimes branched, bearing divers ſuch like leaves upon them, at ſeveral diſtances unto the top, where it branches forth into many ſtalks bearing yellow flowers, conſiſting of divers leaves, ſet as a pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at laſt are turned into down, and with the ſmall blackiſh grey ſeed, are carried away with the wind. The root is made of many fibres, whereby it is firmly faſtened into the ground, and abideth many years.

There is another ſort thereof different from the former only in this, that it riſeth not ſo high; the leaves are not ſo finely jagged, nor of ſo dark a green colour, but rather ſomewhat whitiſh, ſoft, and woolly, and the flowers uſually paler.

*Place.*] They grow both of them wild in paſtures, and untilled grounds in many places, and oftentimes both in one field.

*Time.*] They flower in June and July, and the ſeed is ripe in Auguſt.

*Government and Virtues.*] Rugwort is under the command of Dame Venus, and cleanſeth, digeſteth, and diſcuſſeth. The decoction of the herb is good to waſh the mouth or throat that hath ulcers or ſores therein; and for ſwellings, hardneſs, or impoſthumations, for it thoroughly cleanſeth and healeth them; as alſo the quinſy, and the king's evil. It helpeth to ſtay catarrhs, thin rheums, and defluctions from the head into the eyes, noſe, or lungs. The juice is found by experience to be ſingular good to heal green wounds, and to cleanſe and heal all old and filthy ulcers in the privities, and in other parts of the body, as alſo inward wounds and ulcers; ſtayeth the malignity of fretting and running cankers, and hollow fiſtulas, not ſuffering them to ſpread farther. It is alſo much commended to help aches and pains either in the fleſhy part, or in the nerves and ſinews; as alſo the ſciatica, or pain of the hips or huckle-bone, to bathe the places with the decoction of the herb, or to anoint them with an ointment made of the herb, bruiſed and boiled in old hog's ſuet, with ſome maſtick

and oilbanum in powder added unto it after it is ſtrained forth. In Suſſex we call it Ragweed.

## Rattle Graſs.

OF this there are two kinds which I ſhall ſpeak of, viz. the red and yellow.

*Deſcript.*] The common Red Rattle hath ſundry reddiſh hollow ſtalks, and ſometimes green, riſing from the root, living for the moſt part on the ground, ſome growing more upright, with many ſmall reddiſh or green leaves ſet on both ſides of a middle rib, finely dented about the edges: The flowers ſtand at the tops of the ſtalks and branches, of a fine purpliſh red colour, like ſmall gaping hooks: after which come blackiſh ſeed in ſmall huſks, which lying looſe therein, will rattle with ſhaking. The root conſiſts of two or three ſmall whitiſh ſtrings with ſome fibres thereat.

The common Yellow Rattle hath ſeldom above one round great ſtalk, riſing from the foot about half a yard, or two feet high, and but few branches thereon, having two long and ſomewhat broad leaves ſet at a joint, deeply cut in on the edges reſembling the comb of a cock, broadeſt next to the ſtalk, and ſmaller to the end. The flowers grow at the tops of the ſtalks, with ſome ſhorter leaves with them, hooded after the ſame manner that the others are, but of a fair yellow colour, or in ſome paler and in ſome more white. The ſeed is contained in large huſks, and being ripe, will rattle or make a noiſe with lying looſe in them. The root is ſmall and ſlender, periſhing every year.

*Place.*] They grow in meadows and woods generally through this land.

*Time.*] They are in flower from Midſummer until Auguſt be paſt, ſometimes.

*Government and Virtues.*] They are both of them under the dominion of the Moon. The Red Rattle is accounted profitable to heal up fiſtulas, and hollow ulcers, and to ſtay the flux of humours in them, as alſo the abundance of women's courſes, or any other flux of blood, being boiled in red wine, and drank.

The yellow Rattle, or Cock's Comb, is held to be good for thoſe that are troubled with a cough, or dimneſs

ght, if the herb, being boiled with beans, and ſome honey put thereto, be drank or dropped into the eyes. The whole ſeed being put into the eyes, draweth forth any ſkin, dimneſs or film, from the ſight, without trouble or pain.

## Rest Harrow, or Cammock.

*Deſcript.*] COMMON Reſt Harrow riſeth up with divers rough woody twigs half a yard or a yard high, ſet at the joints without order, with little roundiſh leaves, ſometimes more than two or three at a place, of a dark green colour, without thorns while they are young; but afterwards armed in ſundry places, with ſhort and ſharp thorns. The flowers come forth at the tops of the twigs and branches, whereof it is full faſhioned like peaſe or broom bloſſoms, but leſſer, flatter, and ſomewhat cloſer, of a faint purpliſh colour; after which come ſmall pods containing ſmall, flat, round ſeed: The root is blackiſh on the outſide, and whitiſh within, very rough, and hard to break when it is freſh and green, and as hard as an horn when it is dried, thruſting down deep into the ground, and ſpreading likewiſe every piece being apt to grow again if it be left in the ground.

*Place.*] It groweth in many places of this land, as well in the arable as waſte ground.

*Time.*] It flowereth about the beginning or middle of July, and the ſeed is ripe in Auguſt.

*Government and Virtues.*] It is under the dominion of Mars. It is ſingular good to provoke urine when it is ſtopped, and to break and drive forth the ſtone, which the powder of the bark of the root taken in wine performeth effectually. Matthiolus ſaith, The ſame helpeth the diſeaſe called *Hernia Carnoſa* the fleſhy rupture, by taking the ſaid powder for ſome months together conſtantly, and that it hath cured ſome which ſeemed incurable by any other means than by cutting or burning. The decoction thereof made with ſome vinegar, gargled in the mouth, eaſeth the tooth-ach, eſpecially when it comes of rheum; and the ſaid decoction is very powerful to open obſtructions of the liver and ſpleen, and other parts. A diſtilled water in *Balneo Mariæ*, with four pounds of the root hereof firſt ſliced ſmall, and afterwards ſteeped in a gallon of Canary

wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the urine. The powder of the said root made into an electuary, or lozenges, with sugar, as also the bark of the fresh roots boiled tender, and afterwards beaten to a conserve with sugar, worketh the like effect. The powder of the roots strewed upon the brims of ulcers, or mixed with any other convenient thing, and applied, consumeth the hardness, and causeth them to heal the better.

## Rocket.

IN regard the Garden Rocket is rather used as a sallad herb than to any physical purposes, I shall omit it, and only speak of the common wild Rocket: The description whereof take as followeth.

*Descript.*] The common wild Rocket hath longer and narrower leaves, much more divided into slender cuts and jags on both sides the middle rib than the garden kinds have; of a sad green colour, from among which rise up divers stalks two or three feet high, sometimes set with the like leaves, but smaller and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them, made of four leaves a piece, as the others are, which afterwards yield them small reddish seed, in small long pods, of a more bitter and hot biting taste than the garden kinds, as the leaves are also.

*Place.*] It is found wild in divers places of this land.

*Time.*] It flowereth about June or July, and the seed is ripe in August.

*Government and Virtues.*] The wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the head, causing aches and pains therein, and are less hurtful to hot and choleric persons, for fear of inflaming their blood, and therefore for such we may say a little does but a little harm, for angry Mars rules them, and he sometimes will be surly when he meets with fools. The wild Rocket is more strong and effectual to increase sperm and venerous qualities, whereunto all the seed is more effectual than the garden kind; it serveth also to help digestion, and provoketh urine exceedingly. The seed is used to cure the biting of serpents, the scorpion, and the shrew mouse,

and other poiſons, and expelleth worms. and other noiſome creatures that breed in the belly. The herb boiled or ſtewed, and ſome ſugar put thereto, helpeth the cough in children, being taken often. The ſeed alſo taken in drink, taketh away the ill ſcent of the armpits, increaſeth milk in nurſes, and waſteth the ſpleen. The ſeed mixed with honey, and uſed on the face, cleanſeth the ſkin from morphew, and uſed with vinegar, taketh away freckles and redneſs in the face, or other parts; and with the gall of an ox, it mendeth foul ſcars, black and blue ſpots, and the marks of the ſmall pox.

## WINTER-ROCKET, or CRESSES.

*Deſcript.*] WINTER Rocket, or Winter-Creſſes, hath divers ſomewhat large ſad green leaves lying upon the ground, torn or cut in divers parts, ſomewhat like unto Rocket or turnip leaves, with ſmaller pieces next the bottom, and broad at the ends, which ſo abide all the Winter, (if it ſpring up in Autumn, when it is uſed to be eaten) from among which riſe up divers ſmall round ſtalks, full of branches, bearing many ſmall yellow flowers of four leaves apiece, after which come ſmall pods, with reddiſh ſeed in them. The root is ſomewhat ſtringy, and periſheth every year after the ſeed is ripe.

*Place.*] It groweth of itſown accord in gardens and fields, by the way ſides, in divers places, and particularly in the next paſture to the conduit head behind Gray's Inn, that brings water to Mr Lamb's conduit in Holborn.

*Time.*] It flowereth in May, ſeedeth in June, and then periſheth.

*Government and Virtues.*] This is profitable to proveke urine, to help ſtrangury, and expel gravel and the ſtone. It is good for the ſcurvy, and found by experience to be a ſingular good wound herb to cleanſe inward wounds; the juice or decoction being drank, or outwardly applied to waſh foul ulcers and ſores, cleanſing them by ſharpneſs, and hindering or abating the dead fleſh from growing therein, and healing them by the drying quality.

## Roses.

I HOLD it altogether needless to trouble the reader with a description of any of these, since both the garden Roses and the Roses of the briars are well enough known: take therefore the virtue of them as followeth: And first I shall begin with the garden kinds.

*Government and Virtues.*] What a pother have authors made with Roses! What a racket have they kept? I shall add, red Roses are under Jupiter, Damask under Venus, White under the Moon, and Provence under the King of France. The white and red Roses are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is seldom used inwardly in any medicine; The bitterness in the Roses when they are fresh, especially the juice, purgeth choler, and watry humours; but being dried, and that heat which caused the bitterness being consumed, they have then a binding and astringent quality: Those also that are not full blown, do both cool and bind more than those that are full blown, and the white Rose more than the Red. The decoction of red Roses made with wine and used, is very good for the head-ach, and pains in the eyes, ears, throat and gums; as also for the fundament, and the lower parts of the belly and the matrix, being bathed or put into them. The same decoction with the roses remaining in it, is profitably applied to the region of the heart to ease the inflammation therein; as also St Anthony's fire, and other diseases of the stomach. Being dried and beaten to powder, and taken in steeled wine or water, it helpeth to stay womens courses. The yellow threads in the middle of the Roses (which are erroneously called the Rose Seed) being powdered and drank in the distilled water of quinces, stayeth the overflowings of womens courses, and doth wonderfully stay the destructions of rheum upon the gums, and teeth, preserving them from corruption, and fastening them if they be loose, being washed and gargled therewith, and some vinegar of squills added thereto. The heads with the seed being used in powder, or in a decoction, stayeth the lask and spitting of blood. Red Roses do strengthen the heart, the stomach and the liver, and the retentive faculty: They mitigate the pains that

wise from heat, assuage inflammations, procure rest and sleep, stay both whites and reds in women, the gonorrhea, or running of the reins, and fluxes of the belly; the juice of them doth purge and cleanse the body from choler and phlegm. The husks of the roses, with the beards and nails of the Roses, are binding and cooling, and the distilled water of either of them is good for the heat and redness in the eyes, and to stay and dry up the rheums and watering of them. Of the red Roses are usually made many compositions, all serving to sundry good uses, viz. Electuary of Roses, conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dry Roses, and Honey of Roses. The cordial powder called *Diarrhodon Abbatis*, and *Aromatica Rosarum*. The distilled water of Roses, vinegar of Roses, ointment, and oil of Roses, and the Rose leaves dried, are of very great use and effect. To write at large of every one of these, would make my book swell too big, it being sufficient for a volume of itself, to speak fully of them. But briefly, the electuary is purging, whereof two or three drams taken by itself in some convenient liquor, is a purge sufficient for a weak constitution, but may be increased to six drams, according to the strength of the patient. It purgeth choler without trouble, and it is good in hot fevers, and pains of the head arising from hot choleric humours, and heat in the eyes, the jaundice also, and joint-aches proceeding of hot humours. The moist conserve is of much use, both binding and cordial; for until it be about two years old, it is more binding than cordial, and after that, more cordial than binding. Some of the younger conserve taken with mithridate mixed together, is good for those that are troubled with distillations of rheum from the brain to the nose, and defluction of rheum into the eyes; as also for fluxes and lasks of the belly; and being mixed with the powder of mastick, is very good for the running of the reins, and for the loosenes of humours in the body. The old conserve mixed with Aromaticum Rosarum, is a very good cordial against faintings, swoonings, weakness and tremblings of the heart, strengthens both it and a weak stomach, helpeth digestion, stayeth casting, and is a very good preservative in the time of infection. The dry conserve,

which is called the Sugar of Roſes, is a very good cordial to ſtrengthen the heart and ſpirits; as alſo to ſtay deſtructions. The ſyrup of dried red roſes ſtrengthens a ſtomach given to caſting, cooleth an over-heated liver, and the blood in agues, comforteth the heart, and reſiſteth putrefaction and infection, and helpeth to ſtay laſks and fluxes. Honey of Roſes is much uſed in gargles and lotions to waſh ſores, either in the mouth, throat, or other parts, both to cleanſe and heal them, and to ſtay the fluxes of humours falling upon them. It is alſo uſed in clyſters both too cool and cleanſe. The cordial powders, called Diarrhodon Abbatis and Aromatica Roſarum, do comfort and ſtrengthen the heart and ſtomach, procure an appetite, help digeſtion, ſtay vomiting, and are very good for thoſe that have ſlippery bowels, to ſtrengthen them, and to dry up their moiſture: Red Roſe-water is well known, and of a familiar uſe on all occaſions, and better than damaſk Roſe-water, being cooling and cordial, refreſhing, quickening the weak and faint ſpirits, uſed either in meats or broths, to waſh the temples, to ſmell at the noſe, or to ſmell the ſweet vapours thereof out of a perfuming pot, or caſt into a hot fire-ſhovel. It is alſo of much good uſe againſt the redneſs and inflammations of the eyes to bathe them therewith, and the temples of the head; as alſo againſt pain and ach, for which purpoſe alſo vinegar of Roſes is of much good uſe, and to procure reſt and ſleep, if ſome thereof, and Roſe-water together, be uſed to ſmell unto, or the noſe and temples moiſtened therewith, but more uſually to moiſten a piece of a red Roſe-cake, cut for the purpoſe, and heated between a double folded cloth, with a little beaten nutmeg, and poppy-ſeed ſtrewed on the ſide that muſt lie next to the forehead and temples, and bound ſo thereto all night. The ointment of Roſes is much uſed againſt heat and inflammations in the head, to anoint the forehead and temples, and being mixt with *Unguentum Populneon*, to procure reſt; it is alſo uſed for the heat of the liver, the back and reins, and to cool and heal puſhes, wheals, and other red pimples riſing in the face or other parts. Oil of roſes is not only uſed by itſelf to cool any hot ſwellings or inflammations, and to bind and ſtay fluxes of humours unto ſores, but is alſo pu-

into ointments and plaiſters that are cooling and binding, and reſtraining the flux of humours. The dried leaves of the red Roſes are uſed both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Roſarum Diarrhodon Abbatis*, and *Saccharum Roſarum*, each of whoſe properties are before declared. Roſe leaves and mint, heated and applied outwardly to the ſtomach, ſtay caſtings, and very much ſtrengthen a weak ſtomach; and applied as a fomentation to the region of the liver and heart, do much cool and temper them, and alſo ſerve inſtead of a Roſe-cake (as is ſaid before) to quiet the over hot ſpirits, and cauſe reſt and ſleep. The ſyrup of damaſk Roſes is both ſimple and compound, and made with agarick. The ſimple ſolutive ſyrup is a familiar, ſafe, gentle and eaſy medicine, purging choler, taken from one ounce to three or four, yet this is remarkable herein, that the diſtilled water of this ſyrup ſhould notably bind the belly. The ſyrup with agarick is more ſtrong and effectual, for one ounce thereof by itſelf will open the body more than the other, and worketh as much on phlegm as choler. The compound ſyrup is more forcible in working on melancholic humours; and available againſt the leproſy, itch, tetters, &c. and the French diſeaſe: Alſo honey of Roſes ſolutive is made of the ſame infuſions that the ſyrup is made of, and therefore worketh the ſame effect, both opening and purging, but is oftener given to phlegmatic than choleric perſons, and is more uſed in clyſters than in potions, as the ſyrup made with ſugar is. The conſerve and preſerved leaves of thoſe Roſes are alſo operative in gently opening the belly.

The ſimple water of the damaſk Roſes is chiefly uſed for fumes to ſweeten things, as the dried leaves thereof to make ſweet powders, and fill ſweet bags; and little uſe they are put to in phyſic, altho' they have ſome purging quality; the wild roſes alſo are few or none of them uſed in phyſic, but are generally held to come near the nature of the manured Roſes. The fruit of the wild briar, which are called Hips, being thoroughly ripe, and made into a conſerve with ſugar, beſides the pleaſantneſs of the taſte, doth gently bind the belly, and ſtay deſtructions from the head upon the ſtomach, drying up the moiſture thereof

and helpeth digeſtion. The pulp of the hips dried into a hard conſiſtence, like to the juice of liquoriſh, or ſo dried that it may be made into powder and taken in drink, ſtayeth ſpeedily the whites in women. The briar ball is often uſed, being made into powder and drank, to break the ſtone, to provoke urine when it is ſtopped, and to eaſe and help the colick; ſome appoint it to be burnt, and then taken for the ſame purpoſe. In the middle of the balls are often found certain white worms, which being dried and made into powder, and ſome of it drank, is found by experience of many to kill and drive forth the worms of the belly.

## Rosa Solis, or, Sun-Dew.

*Deſcript.*] IT hath divers ſmall, round, hollow leaves ſomewhat greeniſh, but full of certain red hairs, which make them ſeem red, every one ſtanding upon his own foot-ſtalk, reddiſh, hairy, likewiſe. The leaves are continually moiſt in the hotteſt day, yea, the hotter the ſun ſhines on them, the moiſter they are, with a ſliminess that will rope (as we ſay) the ſmall hairs always holding this moiſture. Among theſe leaves riſe up ſlender ſtalks, reddiſh alſo, three or four fingers high, bearing divers ſmall white knobs one above another, which are flowers: after which in the heads are contained ſmall ſeeds. The root is a few ſmall hairs.

*Place.*] It groweth uſually in bogs and wet places, and ſometimes in moiſt woods.

*Time.*] It flowereth in June, and then the leaves are fitteſt to be gathered.

*Government and Virtues.*] The Sun rules it, and it is under the ſign Cancer. Roſa Solis is accounted good to help thoſe that have a ſalt rheum diſtilling on the lungs, which breedeth a conſumption, and therefore the diſtilled water thereof in wine is held fit and profitable for ſuch to drink, which water will be of a good yellow colour. The ſame water is held to be good for all other diſeaſes of the lungs, as phthiſicks, wheezings, ſhortneſs of breath, or the cough; as alſo to heal the ulcers that happen in the lungs; and it comforteth the heart and fainting ſpirits. The leaves outwardly applied to the ſkin, will raiſe bliſters, which has cauſed ſome to think it dangerous to be taken inwardly; but

here are other things which will also draw blisters, yet nothing dangerous to be taken inwardly. There is an usual drink made thereof with aqua vitæ and spices frequently, and without any offence or danger, but to good purpose used in qualms and passions of the heart.

## Rosemary.

OUR garden Rosemary is so well known, that I need not describe it.

*Time.*] It flowereth in April and May with us, sometimes again in August.

*Government and Virtues.*] The Sun claims privilege in it, and it is under the celestial Ram. It is an herb of as great use with us in these days as any whatsoever, not only for physicial but civil purposes. The physical use of it (being my present task) is very much both for inward and outward diseases, for by the warming and comforting heat thereof it helpeth all cold diseases, both of the head, stomach, liver, and belly. The decoction thereof in wine, helpeth the cold distillations of rheums into the eyes, and all other cold diseases of the head and brain, as the giddiness or swimmings therein, drowsiness or dulness of the mind and senses like a stupidness, the dumb palsy, or loss of speech, the lethargy, and falling-sickness, to be both drank, and the temples bathed therewith. It helpeth the pains in the gums and teeth, by rheum falling into them, not by putrefaction, causing an evil smell from them, or a stinking breath. It helpeth a weak memory, and quickeneth the senses. It is very comfortable to the stomach in all the cold griefs thereof, helpeth both retention of meat, and digestion, the decoction or powder being taken in wine. It is a remedy for the windiness in the stomach, bowels, and spleen, and expels it powerfully. It helpeth those that are liver grown, by opening the obstructions thereof. It helpeth dim eyes, and procureth a clear sight, the flowers thereof being taken all the while it is flowering, every morning fasting with bread and salt. Both Dioscorides and Galen say, That if a decoction be made thereof with water, and they that have the yellow jaundice exercise their bodies presently after the taking thereof, it will certainly cure them. The flowers, and conserve made of them, are singular good to comfort the heart,

and to expel the contagion of the peſtilence; to burn the herb in houſes and chambers, correcteth the air in them. Both the flowers and leaves are very profitable for women that are troubled with the whites, if they be daily taken. The dried leaves ſhred ſmall, and taken in a pipe, as tobacco is taken helpeth thoſe that have any cough, phthiſick, or conſumption, by warming and drying the thin diſtillations which cauſe thoſe diſeaſes. The leaves are very much uſed in bathings; and made into ointments or oil, are ſingular good to help cold benumbed joints, ſinews, or members. The chymical oil drawn from the leaves and flowers, is a ſovereign help for all the diſeaſes aforeſaid, to touch the temples and noſtrils with two or three drops for all the diſeaſes of the head and brain ſpoken of before; as alſo to take one drop, two, or three, as the caſe requireth, for the inward griefs: Yet muſt it be done with diſcretion, for it is very quick and piercing, and therefore but a very little muſt be taken at a time. There is alſo another oil made by inſolation in this manner; Take what quantity you will of the flowers, and put them into a ſtrong glaſs cloſe ſtopped, tye a fine linen cloth over the mouth, and turn the mouth down into another ſtrong glaſs, which being ſet in the ſun, an oil will diſtil down into the lower glaſs, to be preſerved as precious for divers uſes, both inward and outward, as a ſovereign balm to heal the diſeaſes before-mentioned, to clear dim ſights, and take away ſpots, marks, and ſcars in the ſkin.

## Rhubarb, or Raphontick.

DO not ſtart, and ſay, This grows you know not how far off; and then aſk me, How it comes to paſs that I bring it among our Engliſh ſimples? For tho' the name may ſpeak it foreign, yet it grows with us in England, and that frequent enough in our gardens; and when you have thoroughly purſued its virtues, you will conclude it nothing inferior to that which is brought out of China, and by that time this hath been as much uſed as that hath been, the name which the other hath gotten will be eclipſed by the fame of this; take therefore a deſcription at large of it as followeth:

*Deſcript.* At the firſt appearing out of the ground, when

the Winter is paſt, it hath a great round browniſh head riſing from the middle or ſides of the root, which openeth itſelf into ſundry leaves one after another, very much crumpled or folded together at the firſt, and browniſh; but afterwards it ſpreadeth itſelf, and becometh ſmooth, very large and almoſt round every one ſtanding on a browniſh ſtalk of the thickneſs of a man's thumb, when they are grown to their fulneſs, and moſt of them two feet and more in length, eſpecially when they grow in any moiſt or good ground; and the ſtalk of the leaf from the bottom thereof to the leaf itſelf, being alſo two feet, the breadth thereof from edge to edge, in the broadeſt place, being alſo two feet, of a ſad or dark green colour, of a fine tart or ſouriſh taſte, much more pleaſant than the garden or wood ſorrel. From among theſe riſeth up ſome, but not every year, ſtrong thick ſtalks, not growing ſo high as the patience, or garden dock, with ſuch round leaves as grow below but ſmaller at every joint up to the top, and among the flowers, which are white, ſpreading forth into many branches, conſiſting of five or ſix ſmall leaves a-piece, hardly to be diſcerned from the white threads in the middle, and ſeeming to be all threads, after which come browniſh three ſquare ſeeds, like unto other docks, but larger, whereby it may be plainly known to be a dock The root grows in time to be very great, with divers and ſundry great ſpreading branches from it, of a dark browniſh or reddiſh colour on the outſide, with a pale yellow ſkin under it, which covereth the inner ſubſtance or root, which rind and ſkin being pared away, the root appears of ſo freſh and lively a colour, with freſh coloured veins running through it, that the choiceſt of that Rhubarb that is brought us from beyond the ſeas cannot excel it, which root, if it be dried carefully, and as it ought (which muſt be in our country by the gentle heat of a fire, in regard the ſun is not hot enough here to do it, and every piece kept from touching one another) will hold its colour almoſt as well as when it is freſh, and hath been approved of, and commended by thoſe who have oftentimes uſed them.

*Place.*] It groweth in gardens, and flowereth about the beginning or middle of June, and the ſeed is ripe in July.

*Time.*] The roots that are to be dried and kept all the

year following, are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not untill the middle or end of October, and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the roots will not have half ſo good a colour in them.

I have given the precedence unto this, becauſe in virtues alſo it hath the pre-eminence, I come now to deſcribe unto you that which is called Patience, or Monk's Rhubarb; and next unto that, the great round leaved Dock, or Baſtard Rhubarb, for the one of theſe may happily ſupply in the abſcence of the other, being not much unlike in the virtues, only one more powerful and efficacious than the other. And laſtly, ſhall ſhew you the virtues of all the three ſorts.

GARDEN-PATIENCE, or, MONK'S RHUBARB.

*Deſcript.*] THIS is a Dock bearing the name of Rhubarb for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green leaves, not dented at all. The tops of the ſtalks being divided into many ſmall branches, bear reddiſh or purpliſh flowers, and three-ſquare ſeed, like unto other docks. The root is long, great and yellow, like unto the wild docks, but a little redder; and if it be a little dried, ſheweth leſs ſtore of diſcolpured veins than the next doth when it is dry.

Great round leaved DOCK, or, Baſtard Rhubarb.

*Deſcript.*] THIS hath divers large, round, thin, yellowiſh green leaves riſing from the root, a little waved about the edges, every one ſtanding upon a reaſonable thick and long browniſh foot ſtalk, from among which riſeth up a pretty big ſtalk, about two feet high, with ſome ſuch like leaves growing thereon, but ſmaller; at the tops whereof ſtand in a long ſpike many ſmall browniſh flowers, which turn into a hard three-ſquare ſhining brown ſeed, like the garden Patience before deſcribed. The root groweth greater then that, with many branches of great fibres thereat, yellow on the outſide, and ſomewhat pale yellow within, with ſomediſcoloured veins like to the Rhubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.

*Place and Time.*] Theſe alſo grow in gardens, and flow-

r and ſeed at or near the ſame time that our true Rhubarb oth, viz. they flower in June, and the ſeed is ripe in July.

*Temperature and Virtues.*] Mars claims predominancy ver all theſe wholeſome herbs: You cry out upon him or an infortunate, when God created him for your good only he is angry with fools.) What diſhonour is this, not o Mars, but to God himſelf? A dram of the dried root f Monk's Rhubarb, with a ſcruple of ginger made into pow- er, and taken faſting in a draught or meſs of warm broth, urgeth choler and phlegm downwards very gently and ſafe- y, without danger. The ſeed thereof contrary doth bind he belly, and helpeth to ſtay any ſort of laſks or bloody-flux. The diſtilled water thereof is very profitably uſed to heal cabs; alſo foul ulcerous ſores and to lay the inflammation f them; the juice of the leaves or roots, or the decoction of hem in vinegar, is uſed as a moſt effectual remedy to heal cabs and running ſores.

The Baſtard Rhubarb hath all the properties of the Monk's Rhubarb, but more effectual for both inward and outward diſeaſes. The decoction thereof without vinegar dropped into the ears, taketh away the pains; gargled in he mouth, taketh away the tooth-ach; and being drank, eaſeth the jaundice. The ſeed thereof taken, eaſeth the gnawing and griping pains of the ſtomach, and taketh away he loathing thereof unto meat. The root thereof helpeth he ruggedneſs of the nails, and being boiled in wine helpeth he ſwelling of the throat, commonly called the king's evil, s alſo the ſwellings of the kernels of the ears. It helpeth hem that are troubled with the ſtone, provoketh urine, and eipeth the dimneſs of the ſight. The roots of this Baſtard Rhubarb are uſed in opening and purging diet-drinks, with ther things, to open the liver, and to cleanſe and cool the lood.

The properties of that which is called the Engliſh Rhu- arb, are the ſame with the former, but much more effec- ual, and hath all the properties of the true Italian Rhubarbs, xcept the force in purging, wherein it is but of half the rength thereof, and therefore a double quantity muſt be ſed; It likewiſe hath not that bitterneſs and aſtriction; in ther things it worketh almoſt in an equal quantity, which

are theſe: It purgeth the body of choler and phlegm, bei either taken of itſelf, made into powder, and drank in draught of white wine, or ſteeped therein all night, and tak faſting, or put among other purges, as ſhall be thought c venient, cleanſing the ſtomach, liver, and blood, openi obſtructions, and helping thoſe griefs that come thereof, the jaundice, dropſy, ſwelling of the ſpleen, tertian and da agues, and pricking pains of the ſides; and alſo it ſtaye ſpitting of blood. The powder taken with caſſia diſſolve and waſhed Venice turpentine, cleanſeth the reins, a ſtrengtheneth them afterwards, and is very effectual to ſta the running of the reins, or gonorrhœa. It is alſo given f the pains and ſwellings in the head, for thoſe that are troubl with melancholy, and helpeth the ſciatica, gout, and cramp. The powder of the Rhubarb taken with a lit mummia and madder roots in ſome red wine, diſſolve clouted blood in the body, happening by any fall or bruiſ and helpeth burſtings and broken parts, as well inward a outward. The oil likewiſe wherein it hath been boile worketh the like effects, being anointed. It is uſed to hea thoſe ulcers that happen in the eyes or eyelids, being ſteep ed and ſtrained; as alſo to aſſuage the ſwellings and inflam mations; and applyed with honey, boiled in wine, it take away all blue ſpots or marks that happen therein. Wh or white wine are the beſt liquors to ſteep it in, and thereb it worketh more effectually in opening obſtructions, and purg ing the ſtomach and liver. Many do uſe a little India ſpikenard as the beſt corrector thereof.

## Meadow-Rue.

*Deſcript.* MEADOW-Rue riſeth up with a yellow ſtringy root, much ſpreading in the ground, ſhooting forth new ſprouts round about, with many herby green ſtalks, two feet high, creſted all the length of them ſet with joints here and there, and many large leaves o them, above as well as below, being divided into ſmalle leaves, nicked or dented in the fore-part of them, of a re green colour on the upper ſide, and pale green underneath Toward the top of the ſtalk there ſhooteth forth divers ſho branches, on every one whereof ſtand two, three or fo ſmall heads, or buttons, which breaking the ſkin that inclote

em, ſhooteth forth a tuft of pale greeniſh yellow threads, hich falling away, there come in their places ſmall three rnered cods, wherein is contained ſmall, long, and round ed. The whole plant hath a ſtrong unpleaſant ſcent.

*Place.*] It groweth in many places of this land, in the orders of moiſt meadows and ditch-ſides.

*Time.*] It flowereth about July, or the beginning of uguſt.

*Government and Virtues.*] Dioſcorides ſaith, That this erb bruiſed and applied, perfectly healeth old ſores, and e diſtilled water of the herb and flowers doth the like. t is uſed by ſome among other pot herbs to open the body, nd make it ſoluble; but the roots waſhed clean, and boiled ale and drank, provoke to ſtool more than the leaves, ut yet very gently. The root boiled in water, and the laces of the body moſt troubled with vermin and lice aſhed therewith while it is warm, deſtroyeth them utterly. n Italy it is uſed againſt the plague, and in Saxony againſt he jaundice, as *Camerarius* ſaith.

## Garden-Rue.

GARDEN Rue is ſo well known by this name, and the name Herb of Grace, that I ſhall not need to write ny further deſcription of it, but ſhall only ſhew you the irtue of it, as followeth.

*Government and Virtues.*] It is an herb of the Sun, and nder Leo. It provoketh urine and womens courſes, being taken either in meat and drink. The ſeed thereof taken in wine, is an antidote againſt all dangerous medicines or deadly poiſons. The leaves taken either by themſelves, or with figs, and walnuts, is called Mithridate's counter-poiſon againſt the plague, and cauſeth all venomous things to become harmleſs; being often taken in meat and drink, it abateth venery, and deſtroyeth the ability to get children. A decoction made thereof with ſome dried dill-leaves and flowers, eaſeth all pains and torments, inwardly to be drank, and outwardly to be applied warm to the place grieved. The ſame being drank, helpeth the pains both of the cheſt and ſides, as alſo coughs and hardneſs of breathing, the inflammations of the lungs, and the tormenting pains of the ſciatica and the joints, being anointed,

or laid to the places; as also the shaking fits of agues, to take a draught before the fit comes; being boiled or infused in oil, it is good to help the wind colick, the hardness and wiridness of the mother, and freeth women from the strangling or suffocation thereof, if the share and the parts thereabouts be anointed therewith: It killeth and driveth forth the worms of the belly, if it be drank after it is boiled in wine to the half, with a little honey; it helpeth the gout or pains in the joints, hands, feet or knees, applied thereunto; and with figs it helpeth the dropsy, being bathed therewith: Being bruised and put into the nostrils, it stayeth the bleeding thereof; it helpeth the swelling of the cods, if they be bathed with the decoction of Rue and bay leaves. It taketh away wheals and pimples if being bruised with a few myrtle leaves, it be made up with wax and applied. It cureth the morphew, and taketh away all sorts of warts, if boiled in wine with some pepper and nitre, and the place rubbed therewith, and with almonds and honey, helpeth the dry scabs, or any tetter or ringworm. The juice thereof warmed in a pomegranate shell or rhind, and dropped into the ears, helpeth the pains of them. The juice of it, and fennel, with a little honey, and the gall of a cock put thereunto, helpeth the dimness of the eye-sight. An ointment made of the juice thereof with oil of roses, cerusse, and a little vinegar, and anointed, cureth St. Anthony's fire, and all running sores in the head, and the stinking ulcers of the nose, or other parts. The antidote used by Mithridates, every morning, fasting, to secure himself from any poison or infection was this: Take twenty leaves of rue, a little salt, a couple of walnuts, and a couple of figs beaten together into a mess, with twenty juniper berries, which is the quantity appointed for every day. Another electuary is made thus: Take of nitre, pepper, and cummin seed, of each equal parts; of the leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put as much honey as will make it up into an electuary (but you must first steep your cummin seed in vinegar twenty four hours, and then dry it, or rather roast it in a hot fire-

shovel, or in an oven) and is a remedy for the pains or griefs in the chest or stomach, of the spleen, belly, or sides, by wind or stitches; of the liver by obstructions; of the reins and bladder by the stopping of urine; and helpeth also to extenuate fat corpulent bodies. What an infamy is cast upon the ashes of Mithridates, or Methridates (as the Augustines read his name) by unworthy people. They that deserve no good report themselves, love to give none to others; *viz.* That renowned King of Pontus fortified his body by poison against poison. *(He cast out devils by Beelzebub, Prince of the devils.)* What a fool is he that knows not if he had accustomed his body to cold poisons, hot poisons would have dispatched him? on the contrary, if not, corrosions would have done it. The whole world is at this present time beholden to him for his studies in physick, and he that useth the quantity but of an hazel-nut of that receipt every morning, to which his name is adjoined, shall to admiration preserve his body in health, if he do but consider that Rue is an herb of the Sun, and under Leo, and gather it and the rest accordingly.

## RUPTURE-WORT.

*Descript.*] THIS spreads very many thready branches round about upon the ground, about a span long, divided into many other smaller parts full of small joints set very thick together, whereat come forth two very small leaves of a French yellow, green coloured branches and all, where groweth forth also a number of exceeding small yellowish flowers, scarce to be discerned from the stalks and leaves, which turn into seeds as small as the very dust. The root is very long and small, thrusting down deep into the ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withal.

*Place.*] It groweth in dry, sandy, and rocky places.

*Time.*] It is fresh and green all the Summer.

*Government and Virtues.*] They say Saturn causeth ruptures; if he do, he doth no more than he can cure; if you want wit, he will teach you, though to your cost. This herb is Saturn's own, and is a noble antivenereum. Rup-

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ture-wort hath not its name in vain; for it is found by experience to cure the rupture, not only in children, but also in elder persons, if the disease be not too inveterate, by taking a dram of the powder of the dried herb every day in wine, or a decoction made and drank for certain days together. The juice or distilled water of the green herb, taken in the same manner, helpeth all other fluxes either of man or woman; vomitings also, and the gonorrhea or running of the reins, being taken any of the ways aforesaid. It doth also most assuredly help those that have the strangury, or are troubled with the stone or gravel in the reins or bladder. The same also helpeth stitches in the side, gripping pains of the stomach or belly, the obstructions of the liver, and cureth the yellow jaundice; likewise it kills also the worms in children. Being outwardly applied, it conglutinateth wounds notably, and helpeth much to stay defluctions of rheum from the head to the eyes, nose and teeth, being bruised green, and bound thereto: or the forehead, temples, or the nape of the neck behind, bathed with the decoction of the dried herb. It also drieth up the moisture of fistulous ulcers, or any other that are foul and spreading.

## Rushes.

ALTHOUGH there are many kinds of Rushes, yet I shall only here insist upon those which are best known, and most medicinal; as the bulrushes, and other of the soft and smooth kinds, which grow so commonly in almost every part of this land, and are so generally noted, that I suppose it needless to trouble you with any description of them; Briefly then take the virtues of them as followeth.

*Government and Virtues.*] The seed of the soft Rushes, (saith Dioscorides and Galen, toasted, saith Pliny) being drank in wine and water, stayeth the lask and womens courses, when they come down too abundantly; but it causeth head-ach: It provoketh sleep likewise, but must be given with caution. The root boiled in water, to the consumption of one third, helpeth the cough.

Thus you see that conveniences have their inconveniencies, and virtue is seldom unaccompanied with some vices.

The juice of Sage taken in warm water, helpeth a hoarseness and a cough. The leaves soddened in wine, and laid upon the place affected with the palsy, helpeth much, if the decoction be drank; Also, Sage taken with wormwood is good for the bloody-flux. Pliny saith, it procures womens courses, and stayeth them coming down too fast: helpeth the stinging and biting of serpents, and killeth the worms that breed in the ear, and in sores. Sage is of excellent use to help the memory, warming and quickening the senses; and the conserve made of the flowers is used to the same purpose, and also for all the former recited diseases. The juice of Sage drank with vinegar, hath been of good use in time of the plague at all times. Gargles likewise are made with Sage, rosemary, honey-suckles, and plantain, boiled in wine or water, with some honey or allum put thereto, to wash sore mouths and throats, cankers, or the secret parts of man or woman, as need requireth. And with other hot and comfortable herbs, Sage is boiled to bathe the body and the legs in the Summer time, especially to warm cold joints or sinews, troubled with the palsy and cramp, and to comfort and strengthen the parts. It is much commended against the stitch, or pains in the side coming of wind, if the place be fomented warm with the decoction thereof in wine, and the herb also after boiling be laid warm thereunto.

## Wood-Sage.

*Descript.*] WOOD-SAGE riseth up with square hoary stalks, two feet high at the least, with two leaves set at every joint, somewhat like other Sage leaves, but smaller, softer, whiter, and rounder, and a little dented about the edges, and smelling somewhat stronger. At the tops of the stalks and branches stand the flowers, on a slender like spike, turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them. The seed is blackish and round; four usually seem in a husk together; the root is long and stringy, with divers fibres thereat, and abideth many years.

*Place.*] It groweth in woods, and by wood-sides; as also in divers fields and bye-lanes in the land.

*Time.*] It floweth in June, July and August.

*Government and Virtues.*] The herb is under Venus. The decoction of the Wood Sage provoketh urine and womens courses; It also provoketh sweat, digesteth humours, and discussith swellings and nodes in the flesh, and is therefore thought to be good against the French pox. The decoction of the green herb, made with wine, is a safe and sure remedy for those who by falls, bruises, or blows, suspect some vein to be inwardly broken, to disperse and void the congealed blood, and to consolidate the veins. The drink used inwardly, and the herb used outwardly, is good for such as are inwardly or outwardly burstен, and is found to be a sure remedy for the palsy. The juice of the herb, or the powder thereof dried, is good for moist ulcers and sores in the legs, and other parts, to dry them, and cause them to heal more speedily. It is no less effectual also in green wounds, to be used upon any occasion.

## Solomon's Seal.

*Descript.*] THE common Solomon's Seal riseth up with a round stalk half a yard high, bowing or bending down to the ground, set with single leaves one above another, somewhat large, and like the leaves of lily-convally, or May-lily, with an eye of blueish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every leaf, almost from the bottom up to the top of the stalk, come forth small, long, white and hollow pendulous flowers, somewhat like the flowers of May-lily, but ending in five long points, for the most part two together, at the end of a long foot-stalk, and sometimes but one, and sometimes also two stalks, with flowers at the foot of a leaf, which are without any scent at all, and stand on one side of the stalk. After they are past, come in their places small round berries, great at the first, and blackish green, tending to blueness when they are ripe, wherein lie small, white, hard, and stony seeds. The root is of the thickness of one's finger or thumb, white and knotted in some places, a flat round circle representing a Seal, whereof it took the name, lying along under the upper crust of the earth, and not growing downward, but with many fibres underneath.

*Place.*] It is frequent in divers places of this land; as,

namely, in a wood two miles from Canterbury, by Fish-Pool Hill, as also in Bushy Close belonging to the parsonage of Alderbury, near Clarendon, two miles from Salisbury; in Cheffon wood, on Cheffon Hill, between Newington and Sittingbourn in Kent, and divers other places in Essex, and other counties.

*Time.*] It flowereth about May: The root abideth and shooteth a-new every year.

*Govetnment and Virtues.*] Saturn owns the plant for he loves his bones well. The root of Solomon's Seal is found by experience to be available in wounds, hurts, and outward sores: to heal and close up the lips of those that are green, and to dry up and restrain the flux of humours to those that are old. It is singularly good to stay vomitings and bleeding whereseever, as also all fluxes in man or woman, whether whites or reds in women, or the running of the reins in men; also to knit any joint, which by weakness useth to be often out of place, or will not stay in long when it is set; also, to knit and join broken bones in any part of the body, the roots being bruised and applied to the places; yea, it hath been found by late experience, that the decoction of the root in wine, or the bruised root put into wine or other drink, and after a night's infusion, strained forth hard and drank, hath helped both man and beast, whose bones hath been broken by any occasion, which is the most assured refuge of help to people of divers counties of the land that they can have; It is no less effectual to help ruptures and bursting, the decoction in wine, or the powder in broth or drink, being inwardly taken, and outwardly applied to the place. The same is also available for inward or outward bruises, falls or blows, both to dispel the congealed blood, and to take away both the pains and the black and blue marks that abide after the hurt. The same also, or the distilled water of the whole plant, used to the face, or other parts of the skin, cleanseth it from morphew, freckles, spots, or marks whatsoever, leaving the place fresh, fair, and lovely; for which purpose it is much used by the Italian Dames.

## Samphire.

*Descript.*] ROCK Samphire groweth up with a tender green stalk about half a yard, or two feet

high at the moſt, branching forth almoſt from the very bottom, and ſtored with ſundry thick and almoſt round (ſomewhat long) leaves, of a deep green colour, ſometimes two together, and ſometimes more on a ſtalk, and ſappy, and of a pleaſant, hot, and ſpicy taſte. At the top of the ſtalks and branches ſtand umbels of white flowers, and after them come large ſeed bigger than fennel ſeed, yet ſomewhat like it. The root is great, white, and long, continuing many years, and is of an hot and ſpicy taſte likewiſe.

*Place.*] It groweth on the rocks that are often moiſtened at the leaſt, if not overflowed with the ſea water.

*Time.*] And it flowereth and ſeedeth in the end of July and Auguſt.

*Government and Virtues.*] It is an herb of Jupiter, and was in former times wont to be uſed more than now it is; the more is the pity. It is well known almoſt to every body, that ill digeſtions and obſtructions are the cauſe of moſt of the diſeaſes which the frail nature of man is ſubject to; both which might be remedied by a more frequent uſe of this herb. If people would have ſauce to their meat, they may take ſome for profit as well as for pleaſure. It is a ſafe herb, very pleaſant both to taſte and ſtomach, helping digeſtion, and in ſome ſort opening obſtructions of the liver and ſpleen; provoketh urine, and helpeth thereby to waſh away the gravel and ſtone engendered in the kidneys or bladder.

## SANICLE.

*Deſcript.*] ORDINARY Sanicle ſendeth forth many great round leaves, ſtanding upon long brownish ſtalks, every one ſomewhat deeply cut or divided into five or ſix parts, and ſome of theſe alſo cut in ſomewhat like the leaf of crow's-foot, or dove's foot, and finely dented about the edges, ſmooth, and of a dark ſhining colour, and ſometimes reddiſh about the brims; from among which ariſe up ſmall, round green ſtalks, without any joint or leaf thereon, ſaving at the top where it branches forth into flowers, having a leaf divided into three or four parts at that joint with the flowers, which are ſmall and white, ſtarting out of ſmall round greeniſh yellow heads, many ſtanding together in a tuft, in which afterwards are the ſeeds contained,

which are small round burs, somewhat like the leaves of clevers, and stick in the same manner upon any thing that they touch. The root is composed of many blackish strings or fibres, set together at a little long head, which abideth with green leaves all the Winter, and perisheth not.

*Place.*] It is found in many shadowy woods, and other places of this land.

*Time.*] It flowereth in June, and the seed is ripe shortly after.

*Government and Virtues.*] This is one of Venus's herbs, to cure the wounds or mischiefs Mars inflicteth upon the body of man. It heals green wounds speedily, or any ulcers, imposthumes, or bleedings inward, also tumours in any part of the body; for the decoction or powder in drink taken, and the juice used outwardly, dissipateth the humours; and there is not found any herb that can give such present help either to man or beast, when the disease falleth upon the lungs or throat, and to heal up putrid malignant ulcers in the mouth, throat and privities, by gargling or washing with the decoction of the leaves and roots made in water, and a little honey put thereto. It helpeth to stay womens courses, and all other fluxes of blood, either by the mouth, urine, or stool, and lasks of the belly; the ulcerations of the kidneys also, and the pains in the bowels, and gonorrhœa, or running of the reins, being boiled in wine or water, and drank. The same also is no less powerful to help any ruptures or burstings, used both inwardly and outwardly; And briefly, it is as effectual in binding, restraining, consolidating, heating, drying and healing, as comfrey, bugle, self-heal, or any other of the vulnerary herbs whatsoever.

## Saracens Confound, or, Saracens Woundwort.

*Descript.*] THIS groweth high sometimes, with brownish stalks, and other whiles with green, to a man's height, having narrow green leaves snipped about the edges, somewhat like those of the peach-tree, or willow leaves, but not of such a white green colour. The tops of the stalks are furnished with many yellow star-like flowers, standing in green heads, which when they are fal-

len, and the seed ripe, which is somewhat long, small and of a brown colour, wrapped in down, is therewith carried away with the wind. The root is composed of fibres set together at a head, which perisheth not in Winter, altho' the stalks dry away, and no leaf appeareth in the Winter. The taste hereof is strong and unpleasant; and so is the smell also.

*Place.*] It groweth in moist and wet grounds, by wood-sides, and sometimes in the moist places of shadow groves, as also by the water side.

*Time.*] It flowereth in July, and the seed is soon ripe, and carried away with the wind.

*Government and Virtues.*] Saturn owns the herb, and it is of a sober condition, like him. Among the Germans, this wound herb is preferred before all others of the same quality. Being boiled in wine, and drank, it helpeth the indisposition of the liver, and freeth the gall from obstructions; whereby it is good for the yellow jaundice, and for the dropsy in the beginning of it; for all inward ulcers of the reins, mouth or throat, and inward wounds and bruises, likewise for such sores as happen in the privy parts of men or women; being steeped in wine, and then distilled, the water thereof drank, is singular good to ease all gnawings in the stomach, or other pains of the body, as also the pains of the mother; And being boiled in water, it helpeth continual agues; and the said water, or the simple water of the herb distilled, or the juice or decoction, are very effectual to heal any green wound, or old sore or ulcer whatsoever, cleansing them from corruption, and quickly healing them up. Briefly, whatsoever hath been said of bugle or sanicle, may be found herein.

## Sauce-alone, or Jack by the Hedge-side.

*Descript.*] THE lower leaves of this are rounder than those that grow towards the top of the stalks, and are set singly on a joint, being somewhat round and broad, pointed at the ends, dented also about the edges, somewhat resembling nettle leaves for the form, but of a fresher green colour, not rough or pricking. The flowers are white, growing at the top of the stalks one above another, which being past, follow small round pods, wherein

the contained round seed somewhat blackish. The root stringy and thready, perisheth every year after it hath given seed, and raiseth itself again of its own sowing. The plant, or any part thereof, being bruised, smelleth of garlic, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto rocket.

*Place.*] It groweth under walls, and by hedge-sides, and path-ways in fields in many places.

*Time.*] It flowereth in June, July, and August.

*Government and Virtues.*] It is an herb of Mercury. This is eaten by many country people as sauce to their salt fish, and helpeth well to digest the crudities and other corrupt humours engendered thereby: It warmeth also the stomach, and causeth digestion: The juice thereof boiled with honey is accounted to be as good as hedge mustard for the cough, to cut and expectorate the tough phlegm. The seed bruised and boiled in wine, is a singular good remedy for the wind colic, or the stone, being drank warm; It is also given to women troubled with the mother, both to drink, and the seed put into a cloth, and applied while it is warm, is of singular good use. The leaves also, or the seed boiled, is good to be used in clysters to ease the pains of the stone. The green leaves are held to be good to heal the ulcers in the legs.

Winter and Summer SAVORY.

BOTH these are so well known (being entertained as constant inhabitants in our gardens) that they need no description.

*Government and Virtues.*] Mercury claims the dominion over this herb, neither is there a better remedy against the colic and iliac passion, than this herb; keep it dry by you all the year, if you love yourself and your ease, and it is a hundred pounds to a penny if you do not; keep it dry, make conserves and syrups of it for your use, and withal, take notice that the Summer kind is the best. They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in taste, expelling wind in the stomach and bowels, and is a present help for the rising of the mother procured by wind; provoketh urine and womens courses, and is much commended for women with

child to take inwardly, and to smell often unto. It cureth tough phlegm in the chest and lungs, and helpeth to expectorate it the more easily; quickens the dull spirits in the lethargy, the juice thereof being snuffed up into the nostrils. The juice dropped into the eyes, cleareth a dull sight, if it proceed of thin cold humours distilled from the brain. The juice heated with oil of Roses, and dropped into the ears, easeth them of noise the and singing in them, and of deafness also: Outwardly applied with wheat flour, in manner of a poultice, it giveth ease to the sciatica and palsied members, heating and warming them, and taketh away their pains. It also taketh away the pain that comes by stinging of bees, wasps, &c.

## SAVINE.

TO describe a plant so well known is needless, it being nursed up almost in every garden, and abiding green all the Winter.

*Government and Virtues.*] It is under the dominion of Mars, being hot and dry in the third degree, and being of exceeding clean parts, is of a very digesting quality. If you dry the herb into powder, and mix it with honey, it is an excellent remedy to cleanse old filthy ulcers and fistulas; but it hinders them from healing. The same is excellent good to break carbuncles and plague-sores; also helpeth the king's evil, being applied to the place. Being spread over a piece of leather, and applied to the navel, kills the worms in the belly, helps scabs and itch, running sores, cankers, tetters, and ringworms; and being applied to the place, may haply cure venereal sores. This I thought good to speak of, as it may be safely used outwardly; for inwardly it cannot be taken without manifest danger.

## The common WHITE SAXIFRAGE.

*Descript.*] THIS hath a few small reddish kernels of root covered with some skins, lying among divers small blackish fibres, which send forth divers round, faint or yellow green leaves, and greyish underneath, lying above the ground, unevenly dented about the edges, and somewhat hairy, every one upon a little foot-stalk, from whence riseth up round, brownish, hairy, green stalks, two or three

feet high, with a few such like round leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white flowers of five leaves a-piece, with some yellow threads in the middle, standing in a long cresset, brownish, green husk. After the flowers are past, there ariseth sometimes a round hard seed, forked at the top, wherein is contained small black seed, but usually they fall away without any seed, and it is the kernels or grains of the root which are usually called the White Saxifrage-seed, and so used.

*Place.*] It groweth in many places of our land, as well in the lowermost, as in the upper dry corners of meadows, and grassy sandy places. It used to grow near Lamb's conduit, on the backsides of Gray's Inn.

*Time.*] It flowereth in May, and then gathered, as well for that which is called the seed, as to distil, for it quickly perisheth down to the ground when any hot weather comes.

*Government and Virtues.*] It is very effectual to cleanse the reins and bladder, and to dissolve the stone engendered in them, and to expel it and the gravel by urine; to help the stranguary; for which purpose the decoction of the herb or roots in white wine, is most usual, or the powder of the small kernelly root, which is called the seed, taken in white wine, or in the same decoction made with white wine, is most usual. The distilled water of the whole herb, root and flowers, is most familiar to be taken. It provoketh also womens courses, and freeth and cleanseth the stomach and lungs from thick and tough phlegm that trouble them. There are not many better medicines to break the stone than this.

## Burnet Saxifrage.

*Descript.*] THE greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged leaves, set directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green colour. At the top of the stalks stand umbels of white flowers, after which come small and blackish seed. The root is long and thick, abiding long. Our lesser Burnet Saxifrage hath much finer leaves than the former, and very small, and set

one against another, deeply jagged about the edges, and the same colour as the former. The umbels of the flowe are white, and the seed very small and so is the root, bei also somewhat hot and quick in taste.

*Place.*] These grow in moist meadows of this land, a are easy to be found being well sought for among the gra wherein many times they lay hid scarcely to be discerne

*Time.*] They flower about July, and their seed is ripe Auguſt.

*Government and Virtues.*] They are both of them hert of the Moon. The Saxifrage are hot as pepper; and Trag saith, by his experience, that they are wholesome. The have the same properties the parsleys have, but in provo ing urine, and easing the pains thereof, and of the wir and colic, are much more effectual, the roots or seed bein used either in powder, or in decoctions, or any other way and likewise helpeth the windy pains of the mother, and t procure their courses, and to break and void the stone i the kidneys, to digest cold, viscous, and tough phlegm i the stomach, and is an especial remedy against all kind o venom. Castoreum being boiled in the distilled water thereof is singular good to be given to those that are trouble with cramps and convulsions. Some do use to make the seeds into comfits (as they do carraway seeds) which is ef fectual to all the purposes aforesaid. The juice of the her dropped into the most grievous wounds of the head drie up their moisture, and healeth them quickly. Some wo men use the distilled water to take away freckles or spo in the skin or face; and to drink the same sweetened wit sugar for all the purposes aforesaid.

## Scabious, three Sorts.

*Descript.*] COMMON field Scabious groweth up wit many hairy, soft, whitish green leaves, some whereof are very little, if at all jagged on the edges others very much rent and torn on the sides, and have threads in them, which upon breaking may be plainly se from among which rise up divers hairy green stalks, thre or four feet high, with such like hairy green leaves o them, but more deeply and finely divided, branched fort a little; At the tops thereof, which are naked and bare

leaves, for a good ſpace, ſtand round heads of flowers, of a pale blueiſh colour, ſet together in a head, the outermoſt whereof are larger than the inward, with many threads alſo in the middle, ſomewhat flat at the top, as the head with the ſeed is likewiſe; the root is great, white and thick, growing down deep into the ground, and abideth many years.

There is another ſort of Field Scabious differeth nothing from the former, but only it is ſmaller in all reſpects.

The Corn Scabious differeth little from the firſt, but that it is greater in all reſpects, and the flowers more inclining to purple, and the root creepeth under the upper cruſt of the earth, and runneth not deep into the ground as the firſt doth.

*Place.*] The firſt groweth more uſually in meadows eſpecially about London every where.

The ſecond in ſome of the dry fields about this city, but not ſo plentifully as the former.

The third in ſtanding corn, or fallow fields and the borders of ſuch like fields.

*Time.*] They flower in June and July, and ſome abide flowering until it be late in Auguſt, and the ſeed is ripe in the mean time.

There are many other ſorts of Scabious, but I take theſe which I have here deſcribed to be moſt familiar with us: The virtues of both theſe and the reſt, being much alike, take them as followeth.

*Government and Virtues.*] Mercury owns the plant. Scabious is very effectual for all ſorts of coughs, ſhortneſs of breath, and all other diſeaſes of the breaſt and lungs, ripening and digeſting cold phlegm, and other tough humours, voideth them forth by coughing and ſpitting: It ripeneth alſo all ſorts of inward ulcers and impoſthumes; pleuriſy, alſo, if the decoction of the herb dry or green be made in wine, and drank for ſome time together. Four ounces of the clarified juice of Scabious taken in the morning faſting, with a dram of mithridate, or Venice treacle, freeth the heart from any infection of peſtilence, if after the taking of it the party ſweat two hours in bed, and this medicine be again and again repeated, if need

require. The green herb bruised and applied to any carbuncle or plague sore, is found by certain experience to dissolve and leak it in three hours space. The same decoction also drunk, helpeth the pains and stitches in the side. The decoction of the roots taken for forty days together, or a dram of the powder of them taken at a time in whey, doth, (as Matthiolus saith) wonderfully help those that are troubled with running or spreading scabs, tetters, ringworms, &c. although they proceed from the French pox, which saith, he hath tried by experience. The juice or decoction drank, helpeth also scabs and breakings-out of the skin, and the like. The juice also made up into an ointment and used, is effectual for the same purpose. The same healeth all inward wounds by the drying, cleansing and healing quality therein: And a syrup made of the juice and sugar, is very effectual to all the purposes aforesaid, and so is the distilled water of the herb and roots made in due season, especially to be used when the green herb is not in force to be taken. The decoction of the herb and roots outwardly applied, doth wonderfully help all sorts of hard or cold swellings in any part of the body, is effectual for shrunk sinews or veins, and healeth green wounds, old sores and ulcers. The juice of Scabious, made up with the powder of Borax and Sumphire, cleanseth the skin of the face, or other parts of the body, not only from freckles and pimples, but also from morphew and leprosy; the head washed with the decoction, cleanseth it from dandriff, scurff, sores, itch, and the like, used often. The herb bruised and applied, doth in a short time ripen, and draw forth any splinter, broken bone, arrow head, or other such like thing lying in the flesh.

## Scurvygrass.

OUR ordinary English Scurvygrass hath many thick flat leaves more long than broad, and sometimes longer and narrower; sometimes also smooth on the edges, and sometimes a little waved; sometimes plain, smooth and pointed, of a sad green, and sometimes a blueish green, every one standing by itself upon a long foot-stalk, which is brownish or greenish also, from among which arise slender stalks, bearing few leaves thereon like the

other but longer and leſſer for the moſt par: At the tops whereof grow many whitiſh flowers, with yellow threads in the middle, ſtanding about a green head, with becometh the ſeed veſſel, which will be ſomewhat flat when it is ripe, wherein is contained reddiſh ſeed, taſting ſomewhat hot. The root is made of many white ſtrings, which pierceth deeply into the mud, wherein it chiefly delights, yet will well abide in the more upland and drier ground, and taſteth a little brackiſh and ſalt even there, but not ſo much where it hath the ſalt water to feed upon.

*Place.*] It groweth all along the Thames ſide, both on the Eſſex and Kentiſh ſhores, from Woolwich round about the ſea coaſts to Dover, Portſmouth, and even to Wool, where it is had in plenty; the other, with round leaves, groweth in the marſhes in Holland, in Lincolnſhire, and other places of Lincolnſhire by the ſea-ſide.

*Deſcript.*] There is alſo another ſort called Dutch Scurvygraſs, which is moſt known and frequent in gardens, which hath freſh, green and almoſt round leaves riſing from the root, not ſo thick as the former, yet in ſome rich ground very large, even twice as big as in others, not dented about the edges, or hollow in the middle, ſtanding on long foot-ſtalk; from among theſe riſe long ſlender ſtalks higher than the former, with more white flowers at the tops of them, which turn into ſmall pods, and ſmaller browniſh ſeed than the former. The root is white, ſmall, and thready. The taſte is nothing ſalt at all; it hath a hot, aromatical, ſpicy taſte.

*Time.*] It flowereth in April and May, and giveth ſeed ripe quickly after.

*Government and Virtues.*] It is an herb of Jupiter. The Engliſh Scurvygraſs is more uſed for the ſalt taſte it beareth, which doth ſomewhat open and cleanſe; but the Dutch Scurvygraſs is of better effect, and chiefly uſed (if it may be had) by thoſe that have the ſcurvy, and is of ſingular good effect, to cleanſe the blood, liver and ſpleen, taking the juice in the Spring every morning faſting in a cup of drink. The decoction is good for the ſame purpoſe, and openeth obſtructions, evacuating cold, clammy and phlegmatic humours, both from the liver and the

spleen, and bringing the body to a more lively colour. The juice also helpeth all foul ulcers and sores in the mouth, gargled thereof; and used outwardly, cleanseth the skin from spots, pits, or scars that happen therein.

## Self-Heal.

Called also Prunel, Carpenter's Herb, Hook-heal, and Sickle-wort.

*Descript.* THE common Self-heal is a small, low, creeping herb, having many small, round-ish pointed leaves, like leaves of wild mints, of a dark green colour, without dents on the edges; from among which square hairy stalks, scarce a foot high, which sometimes into branches with small leaves set thereon, the tops, where stand brown spiked heads of small with leaves like scales and flowers set together, like the head of cardidony, which flowers are gaping, of a blueish purple, or more pale blue, in some places and not so in others. The root consists of many fibres downward, and spreadeth strings also whereby it feeds. The small stalks, with the leaves creeping on the ground, shoot forth fibres taking hold on the ground, whereby it is made a great tuft in a short time.

*Place.* ] It is found in woods and fields every where.

*Time.* ] It flowereth in May, and sometimes in April.

*Government and Virtues.* ] Here is another herb of Venus, Self-heal, whereby when you are hurt you may heal yourself: It is a special herb for inward and outward wounds. Take it inwardly in syrups for inward wounds: outwardly in ointments and plaisters for outward. As Self-heal is like Bugle in form, so also in the qualities and virtues, serving all the purposes whereunto Bugle is applied with good effects, either inwardly or outwardly, for inward wounds and ulcers whatsoever within the body, for bruises or falls, and such like hurts. If it be accompanied with Bugle, Sicle, and other of the like wound herbs, it will be more useful to wash or inject into ulcers in the parts outward. Where there is cause to repress the heat and sharpness of humours flowing to any sore, ulcers, inflammations, burnings, or the like, or to stay the flux of blood in any hot part, this is used with some good success; as also

to cleanse the foulneſs of ſores, and cauſe them more ſpeedily to be healed. It is an eſpecial remedy for all green wounds to ſolder the lips of them, and to keep the place from any further inconveniences. The juice hereof uſed with oil of roſes to anoint the temples and forehead, is very effectual to remove the headach, and the ſame mixed with honey of roſes, cleanſeth and healeth all ulcers in the mouth and throat, and thoſe alſo in the ſecret parts. And the proverb of the Germans, French, and others, is verified in this, *That he needeth neither phyſician nor ſurgeon that hath* Self-heal *and* Sanicle *to help himſelf.*

## The Service-tree.

IT is ſo well known in the place where it grows, that it needeth no deſcription.

*Time.*] It flowereth before the end of May, and the fruit is ripe in October.

*Government and Virtues.*] Service, when they are mellow, are fit to be taken to ſtay fluxes, ſcouring, and caſting, yet leſs than medlers. If they be dried before they be mellow, and kept all the year, they may be uſed in decoctions for the ſaid purpoſe, either to drink, or to bathe the parts requiring it; and are profitably uſed in that manner to ſtay the bleeding of wounds, and of the mouth or noſe, to be applied to the forehead, and nape of the neck; and are under the dominion of Saturn.

## Shepherd's Purse.

IT is called Whoreman's Pernacety, Shepherd's Scrip, Shepherd's Pounce, Toywort, Pickpurſe, and Caſewort.

*Deſcript.*] The root is ſmall, white, and periſheth every year. The leaves are ſmall and long, of a pale green colour, and deeply cut in on both ſides, among which ſpring up a ſtalk which is ſmall and round, containing ſmall leaves upon it even to the top. The flowers are white and very ſmall; after which come the little caſes which hold the ſeed, which are flat, almoſt in the form of a heart.

*Place.*] They are frequent in this nation, almoſt by every path-ſide.

*Time.*] They flower all the Summer long; nay, ſome of them are ſo fruitful, that they flower twice a year.

*Government and Virtues.*] It is under the dominion of

Saturn, and of a cold, dry, and binding nature, like to him. It helps all fluxes of blood, either caused by inward or outward wounds; as also flux of the belly, and bloody flux, spitting and pissing of blood, stops the terms in women; being bound to the wrists of the hands, and the soles of the feet, it helps the yellow jaundice. The herb being made into a poultice, helps inflammations and St. Anthony's fire. The juice being dropped into the ears, heals the pains, noise, and mutterings thereof. A good ointment may be made of it for all wounds; especially wounds in the head.

## Smallage.

THIS is also very well known, and therefore I shall not trouble the reader with any description thereof.

*Place.*] It groweth naturally in dry and marshy grounds; but if it be sown in gardens, it there prospereth very well.

*Time.*] It abideth green all the Winter, and seedeth in Auguſt.

*Government and Virtues.*] It is an herb of Mercury. Smallage is hotter, drier, and much more medicinal than parsley, for it much more openeth obstructions of the liver and spleen, rarefieth thick phlegm, and cleanseth it and the blood withal. It provoketh urine and womens courses, and is singular good against the yellow jaundice, tertian and quartan agues, if the juice thereof be taken, but especially made up into a syrup. The juice also put to honey of roses, and barley-water, is very good to gargle the mouth and throat of those that have sores and ulcers in them, and will quickly heal them. The same lotion also cleanseth and healeth all other foul ulcers and cankers elsewhere, if they be washed therewith. The seed is especially used to break and expel wind, to kill worms, and to help a stinking breath. The root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the herb, but especially to open obstructions, and to rid away any ague, if the juice thereof be taken in wine, or the decoction thereof in wine be used.

## Sopewort, or, Bruisewort.

*Descript.*] THE root creepeth under ground fat and near with many joints therein, of a brown colour on the outside, and yellowish within, shooting forth in dives

places weak round ſtalks, full of joints, ſet with two leaves a piece at every one of them on the contrary ſide, which are ribbed ſomewhat like unto plantain, and faſhioned like the common field white campion leaves, ſeldom having any branches from the ſides of the ſtalks, but ſet with flowers at the top, ſtanding in long huſks like the wild campions, made of five leaves a-piece, round at the ends, and dented in the middle, of a roſe colour, almoſt white, ſometimes deeper, ſometimes paler; of a reaſonable ſcent.

*Place.*] It groweth wild in many low and wet grounds of this land, by brooks and the ſides of running waters.

*Time.*] It flowereth uſually in July, and ſo continueth all Auguſt, and part of September, before they are quite ſpent.

*Temperature and Virtues.*] Venus owns it. The country people in divers places do uſe to bruiſe the leaves of Sopewort, and lay it to their fingers, hands or legs, when they are cut, to heal them up again. Some make great boaſt thereof, that it is diuretical to provoke urine, and thereby to expel gravel and the ſtone in the reins or kidneys, and do alſo account it ſingular good to void hydropical water; and they no leſs extol it to perform an abſolute cure in the French pox, more than either ſarſaparilla, guiacum, or China can do; which, how true it is, I leave others to judge.

## SORREL.

OUR ordinary Sorrel, which grows in gardens, and alſo wild in the fields, is ſo well known, that it needeth no deſcription.

*Government and Virtues.*] It is under the dominion of Venus. Sorrel is prevalent in all hot diſeaſes, to cool any inflammation and heat of blood in agues, peſtilential or choleric, or ſickneſs and fainting, ariſing from heat, and to refreſh the overſpent ſpirits with the violence of furious or fiery fits of agues; to quench thirſt, and procure an appetite in fainting or decaying ſtomachs: For it reſiſteth the putrefaction of the blood, killeth worms, and is a cordial to the heart, which the ſeed doth more effectually, being more drying and binding, and thereby ſtayeth the hot fluxes of womens courſes, or of humours in the bloody flux, or flux of the ſtomach. The root alſo in a decoction, or in powder, is effectual for all the ſaid purpoſes. Both roots and ſeeds, as

well as the herb, are held powerful to resist the poison of the scorpion. The decoction of the roots is taken to help the jaundice, and to expel the gravel and the stone in the reins or kidneys. The decoction of the flowers made with wine and drank, helpeth the black jaundice, as also the inward ulcers of the body and bowels. A syrup made with the juice of Sorrel and fumitory, is a sovereign help to kill those sharp humours that cause the itch. The juice thereof, with a little vinegar, serveth well to be used outwardly for the same cause, and is also profitable for tetters, ringworms, &c. It helpeth also to discuss the kernels in the throat; and the juice gargled in the mouth, helpeth the sores therein. The leaves wrapt in a colewort leaf and roasted in the embers, and applied to a hard imposthume, botch, boil, or plague sore, doth both ripen and break it. The distilled water of the herb is of much good use for all the purposes aforesaid.

## Wood Sorrel.

*Descript.*] THIS groweth upon the ground, having a number of leaves coming from the root made of three leaves, like a trefoil, but broad at the ends, and cut in the middle, of a yellowish green colour, every one standing on a long foot stalk, which at their first coming up are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish, and yielding a juice which will turn red when it is clarified, and maketh a most dainty clear syrup. Among these leaves rise up divers slender, weak foot-stalks, with every one of them a flower at the top, consisting of five small pointed leaves, star-fashion of a white colour, in most places, and in some dashed over with a small show of blueish, on the back-side only. After the flowers are past, follow small round heads, with small yellowish seed in them. The roots are nothing but small strings fastened to the end of a small long piece; all of them being of a yellowish colour.

*Place.*] It groweth in many places of our land, in wood and wood-sides, where they be moist and shadowed, and in other places not too much open to the Sun.

*Time.*] It floweth in April and May.

*Government and Virtues.*] Venus owns it. Wood Sor-

el ſerveth to all the purpoſes that the other Sorrels do, and s more effectual in hindering putrefaction of blood, and ulcers in the mouth and body, and to quench thirſt, to trengthen a weak ſtomach, to procure an appetite, to ſtay vomiting, and is very excellent in any contagious ſickneſs or peſtilential fevers. The ſyrup made of the juice is effectual n all the caſes aforeſaid, and ſo is the diſtilled water of the herb. Spunges or linen cloths wet in the juice, and applied outwardly to any hot ſwelling or inflammations doth much cool and help them. The ſame juice taken and gargled in the mouth, and after it is ſpit forth, taken afreſh, doth wonderfully help a foul ſtinking canker or ulcers therein. It is ſingular good to heal wounds, or to ſtay the bleeding of thruſts or ſtabs in the body.

## Sow Thistle.

SOW Thiſtles are generally ſo well known, that they need no deſcription.

*Place.*] They grow in gardens and manured grounds, ſometimes by old walls, pathſides of fields and highways.

*Government and Virtues.*] This and the former are under the influence of Venus. Sow Thiſtles are cooling, and ſomewhat binding, and are very fit to cool a hot ſtomach, and eaſe the pains thereof. The herb boiled in wine, is very helpful to ſtay the diſſolution of the ſtomach, and the milk that is taken from the ſtalks when they are broken, given in drink, is beneficial to thoſe that are ſhort-winded, and have a wheezing. Pliny ſaith, That it hath cauſed the gravel and ſtone to be voided by urine, and that the eating thereof helpeth a ſtinking breath. The decoction of the leaves and ſtalks cauſeth abundance of milk in nurſes, and their children to be well coloured. The juice or diſtilled water is good for all hot inflammations, wheals, and eruptions or heat in the ſkin, itching of the hemorrhoids. The juice boiled or thoroughly heated in a little oil of bitter almonds in the peel of a pomegranate, and dropped into the ears, is a ſure remedy for deafneſs, ſingings, &c. Three ſpoonfuls of the juice taken warmed in white wine, and ſome wine put thereto, cauſeth women in travail to have ſo eaſy and ſpeedy delivery, that they may be able to walk pre-

fently after. It is wonderfully good for women to wash their faces with, to clear the skin, and give it a lustre.

## SOUTHERN WOOD.

SOUTHERN Wood is so well known to be an ordinary inhabitant in our gardens, that I shall not need to trouble you with any description thereof.

*Time.*] It flowereth for the most part in July and August.

*Government and Virtues.*] It is a gallant mercurial plant, worthy of more esteem than it hath. Dioscorides saith, That the seed bruised, heated in warm water, and drank, helpeth those that are burſten, or troubled with cramps or convulsions of the sinews, the sciatica, or difficulty in making water, and bringing down womens courses. The same taken in wine is an antidote, or counter-poison against all deadly poison, and driveth away serpents and other venomous creatures; as also the smell of the herb, being burnt, doth the same. The oil thereof anointed on the back-bone before the fits of agues come, taketh them away: It taketh away inflammations in the eyes, if it be put with some part of a roasted quince, and boiled with a few crumbs of bread, and applied. Boiled with barley-meal, it taketh away pimples, pushes or wheals that arise in the face, or other parts of the body. The seed as well as the dried herb, is often given to kill the worms in children: The herb bruised and laid to, helpeth to draw forth splinters and thorns out of the flesh. The ashes thereof drieth up and healeth old ulcers, that are without inflammation, although by the sharpness thereof it biteth sore, and putteth them to sore pains; as also the sores in the privy parts of man or woman. The ashes mingled with old sallad oil, helpeth those that have hair fallen, and are bald, causing the hair to grow again either on the head or beard. Dalechamps saith, That the oil made of Southern-wood, and put among the ointments that are used against the French disease, is very effectual, and likewise killeth lice in the head. The distilled water of the herb is said to help them much that are troubled with the stone, as also for the diseases of the spleen and mother. The Germans commend it for a singular wound herb, and therefore call it Stabwort. It is held by all writers, as

ient and modern, to be more offensive to the stomach than wormwood.

## Spignel.

*Descript.* THE roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one head, which is hairy at the top, of a blackish brown colour on the outside, and white within, smelling well, and of an aromatical taste, from whence arise sundry long stalks of most fine cut leaves like hair, smaller than dill, set thick on both sides of the stalks, and of a good scent. Among these leaves rise up round stiff stalks, with a few joints and leaves on them, and at the tops an umbel of fine pure white flowers; at the edges whereof sometimes will be seen a shew of the reddish blueish colour, especially before they be full blown, and are succeeded by small, somewhat round seeds, bigger than the ordinary fennel, and of a brown colour, divided into two parts, and crusted on the back, as most of the umbelliferous seeds are.

*Place.* It groweth wild in Lancashire, Yorkshire, and other northern counties, and is also planted in gardens.

*Government and Virtues.* It is an herb of Venus. Galen saith, The roots of Spignel are available to provoke urine, and womens courses; but if too much thereof be taken, it causeth head-ach. The roots boiled in wine or water, and drank, help the strangury and stoppings of the urine, the wind, swellings and pains in the stomach, pains of the mother, and all joint-ach. If the powder of the root be mixed with honey, and the same taken as a licking medicine, it breaketh tough phlegm, and drieth up the rheum that falleth on the lungs. The roots are accounted very effectual against the stinging or biting of any venemous creature, and is one of the ingredients in Mithridate and other antidotes of the same.

## Spleenwort, or, Ceterach.

*Descript.* THE smooth Spleenwort, from a black, sheady and bushy root, sendeth forth many long single leaves, cut in on both sides into round dents almost to the middle, which is not so hard as that of polypody, each division being not always set opposite unto the other, cut between each, smooth, and of a light green on the up-

per ſide, and a dark yelloviſh rougineſs on the back, folding or rolling itſelf inward at the firſt ſpringing up.

*Place.*] It groweth as well upon ſtone walls, as moiſt and ſhadowy places, about Briſtol, and other the weſt parts plentifully; as alſo on Framlingham Caſtle, on Beaconsfield church in Berkſhire, at Stroude in Kent, and elſewhere, and abideth green all the Winter.

*Government and Virtues.*] Saturn owns it. It is generally uſed againſt infirmities of the ſpleen: It helpeth the ſtrangury, and waſteth the ſtone in the bladder, and is good againſt the yellow jaundice, and the hiccough; but the juice of it in women hindereth conception. Matthiolus ſaith, That if a dram of the duſt that is on the backſide of the leaves be mixed with half a dram of amber in powder, and taken with the juice of purſlain or plantain, it helps the running of the reins ſpeedily, and that the herb and root being boiled and taken, helpeth all melancholy diſeaſes, and thoſe eſpecially that ariſe from the French diſeaſe. Camerarius ſaith, That the diſtilled water thereof being drank, is very effectual againſt the ſtone in the reins and bladder; and that the lee that is made of the aſhes thereof being drunk for ſome time together, helpeth ſplenetic perſons. It is uſed in outward remedies for the ſame purpoſe.

## Star Thistle.

*Deſcript.*] A Common Star Thiſtle hath divers narrow leaves lying next the ground, cut on the edges ſomewhat deeply into many parts, ſoft or a little woolly all over green, among which riſe up divers weak ſtalks parted into many branches, all lying down to the ground, that it ſeemeth a pretty buſh, ſet with divers the like divided leaves up to the tops, where ſeverally do ſtand ſmall whitiſh green heads, ſet with ſharp white pricks, (no part of the plant elſe being prickly) which are ſomewhat yelloviſh; out of the middle whereof riſeth the flowers, compoſed of many ſmall reddiſh purple threads; and in the heads, after the flowers are paſt, come ſmall whitiſh round ſeed, lying down as others do. The root is ſmall, long and woody, periſhing every year, and riſing again of their own ſowing.

*Place.*] It groweth wild in the fields about London in

any places, as at Mile-End green, in Finſbury fields beond the Windmills, and many other places.

*Time.*] It flowereth early, and ſeedeth in July, and ſometimes in Auguſt.

*Government and Virtues.*] This, as almoſt all Thiſtles re, is under Mars. The ſeed of this Star Thiſtle made nto powder, and drank in wine, provoketh urine, and helpth to break the ſtone, and driveth it forth. The root in owder, and given in wine and drank, is good againſt the plague and peſtilence; and drank in the morning faſting or ſome time together, it is very profitable for a fiſtula in ny part of the body. Baptiſta Sardus doth much commend he diſtilled water hereof, being drank, to help the French liſeaſe, to open the obſtructions of the liver, and cleanſe he blood from corrupted humours, and is profitable againſt the quotidian or tertian ague.

## Strawberries.

THESE are ſo well known through this land, that they need no deſcription.

*Time.*] They flower in May ordinarily, and the fruit is ripe ſhortly after.

*Government and Virtues.*] Venus owns the herb. Strawberries, when they are green, are cool and dry; but when they are ripe they are cool and moiſt: The berries are excellent good to cool the liver, the blood, and the ſpleen, or an hot choleric ſtomach: to refreſh and comfort the fainting ſpirits, and quench thirſt: They are good alſo for other inflammations; yet it is not amiſs to refrain from them in a fever, leſt by their putrefying in the ſtomach they increaſe the fits. The leaves and roots boiled in wine and water, and drank, do likewiſe cool the liver and blood, and aſſuage all inflammations in the reins and bladder, provoke urine, and allay the heat and ſharpneſs thereof. The ſame alſo being drank ſtayeth the bloody flux and womens courſes, and helps the ſwelling of the ſpleen. The water of the berries carefully diſtilled, is a ſovereign remedy and cordial in the panting and beating of the heart, and is good for the yellow jaundice. The juice dropped into foul ulcers, or they waſhed therewith, or the decoction of the herb and root, doth wonderfully cleanſe and help to cure them. Lotions and

gargles for sore mouths, or ulcers therein, or in the privy parts or elsewhere, are made with the leaves and roots thereof; which is also good to fasten loose teeth, and to heal spongy foul gums. It helpeth also to stay catarrhs, or defluxions of rheum in the mouth, throat, teeth, or eyes. The juice or water is singular good for hot and red inflamed eyes, if dropped into them, or they bathed therewith. It is also of excellent property for all pushes, wheals, and other breakings forth of hot and sharp humours in the face and hands, and other parts of the body, to bathe them therewith, and to take away any redness in the face, or spots, or other deformities in the skin, and to make it clear and smooth. Some use this medicine: Take so many Strawberries as you shall think fitting, and put them into a distillatory, or body of glass fit for them, which being well closed, set it in a bed of horse dung for your use. It is an excellent water for hot inflamed eyes, and to take away a film or skin that beginneth to grow over them, and for such other defects in them as may be helped by any outward medicine.

## SUCCORY.

*Descript.* THE garden Succory hath longer and narrower leaves than the Endive, and more cut in or torn on the edges, and the root abideth many years. It beareth also blue flowers like Endive, and the seed is hardly distinguished from the seed of the smooth or ordinary Endive.

The wild Succory hath divers long leaves lying on the ground, very much cut in or torn on the edges, on both sides, even to the middle rib, ending in a point; sometimes it hath a rib down to the middle of the leaves, from among which riseth up a hard, round, woody stalk, spreading into many branches, set with smaller and lesser divided leaves on them up to the tops, where stand the flowers, which are like the garden kind, and the seed is also (only take notice that the flowers of the garden kind are gone in on a sunny day, they being so cold, that they are not able to endure the beams of the sun, and therefore more delight in the shade) the root is white, but more hard and woody than the garden kind. The whole plant is exceeding bitter.

*Place.* This groweth in many places of our land in

waſte untilled and barren fields. The other only in gardens.

*Government and Virtues.*] It is an herb of Jupiter. Garden Succory, as it is more dry and leſs cold than Endive, ſo it openeth more. An handful of the leaves, or roots boiled in wine or water, and a draught thereof drank faſting, driveth forth choleric and phlegmatic humours, openeth obſtructions of the liver, gall and ſpleen; helpeth the yellow jaundice, the heat of the reins, and of the urine; the dropſy alſo; and thoſe that have an evil diſpoſition in their bodies, by reaſon of long ſickneſs, evil diet, &c. which the Greeks call Cachexia. A decoction thereof made with wine, and drank, is very effectual againſt long lingering agues; and a dram of the ſeed in powder, drank in wine, before the fit of the ague, helpeth to drive it away. The diſtilled water of the herb and flowers (if you can take them in time) hath the like properties, and is eſpecially good for hot ſtomachs, and in agues, either peſtilential or of long continuance; for ſwoonings and paſſions of the heart, for the heat and headach in children, and for the blood and liver. The ſaid water, or the juice, or the bruiſed leaves applied outwardly, allays ſwellings, inflammations, St. Anthony's fire, puſhes, wheals and pimples, eſpecially uſed with a little vinegar; as alſo to waſh peſtiferous ſores. The ſaid water is very effectual for ſore eyes that are inflamed with redneſs, for nurſes breaſts that are pained by the abundance of milk.

The wild Succory, as it is more bitter, ſo is it more ſtrengthening to the ſtomach and liver.

## Stone-Crop, Prick-Madam, or, Small-Houſleek.

*Deſcript.*] IT groweth with divers trailing branches upon the ground, ſet with many thick flat, roundiſh, whitiſh green leaves, pointed at the ends. The flowers ſtand many of them together, ſomewhat looſely. The roots are ſmall, and run creeping under ground.

*Place.*] It groweth upon the ſtone-walls and mud-walls upon the tiles of houſes, and pent houſes, and amongſt rubbiſh, and in other gravelly places.

*Time.*] It flowereth in June and July, and the leaves are green all the Winter.

*Government and Virtues.*] It is under the dominion of the Moon, cold in quality, and something binding, and therefore very good to stay defluctions, especially such as fall upon the eyes. It stops bleeding, both inward and outward, helps cankers, and all fretting sores and ulcers: It abates the heat of choler, thereby preventing diseases arising from choleric humours. It expels poison much, resisteth pestilential fevers, being exceeding good also for tertian agues: You may drink the decoction of it, if you please, for all the foregoing infirmities. It is so harmless an herb, you can scarce use it amiss; Being bruised and applied to the place, it helps the king's evil, and any other knots or kernels in the flesh; as also the piles.

## English Tobacco.

*Descript.*] THIS riseth up with a round thick stalk, about two feet high, whereon do grow thick, flat green leaves, nothing so large as the other Indian kind, somewhat round pointed also, and nothing dented about the edges. The stalk branches forth, and beareth at the top divers flowers set on great husks like the other, but nothing so large; scarce standing above the brims of the husks, round pointed also, and of a greenish yellow colour. The seed that followeth is not so bright, but larger, contained in the like great heads. The roots are neither so great nor woody, as perisheth every year with the hard frost in Winter, but riseth generally of its own sowing.

*Place.*] This came from some parts of Brasil, as it is thought, and is more familiar in our country than any of the other sorts; early giving ripe seed, which the others seldom do.

*Time.*] It flowereth from June, sometimes to the end of August, or later, and the seed ripeneth in the mean time.

*Government and Virtues.*] It is a martial plant. It is found by good experience to be available to expectorate tough phlegm from the stomach, chest and lungs. The juice thereof made into a syrup, or the distilled water of the herb drank with some sugar, or without, if you will, or the smoak taken by a pipe, as is usual, but fasting, helpeth to expel worms in the stomach and belly, and to ease the pains in the head, or megrim and the gripping pains

n the bowels. It is profitable for those that are troubled vith the stone in the kidneys, both to ease the pains by rovoking urine, and also to expel gravel and the stone ngendered therein, and hath been found very effectual to xpel windiness, and other humours, which cause the strang- ing of the mother. The seed hereof is very effectual to xpel the tooth-ach, and the ashes of the burnt herb to cleanse he gums, and make the teeth white. The herb bruised id applied to the place grieved with the king's evil, helpeth in nine or ten days effectually. Monardus saith, it is a ounter-poison against the biting of any venomous creature, he herb also being outwardly applied to the hurt place. The distilled water is often given with some sugar before the it of an ague, to lessen it, and take it away in three or four imes using. If the distilled faeces of the herb, having been ruised before the distillation, and not distilled dry, be set n warm dung for fourteen days, and afterwards be hung p in a bag in a wine cellar, the liquor that distilleth there- rom is singularly good to use for cramps, aches, the gout nd sciatica, and to heal itches, scabs, and running ulcers, ankers, and all foul sores whatsoever. The juice is also ood for all the said griefs, and likewise to kill lice in chil- dren's heads. The green herb bruised and applied to any green wounds, cureth any fresh wound or cut whatsoever; nd the juice put into old sores, both cleanseth and healeth hem. There is also made hereof a singular good salve to elp imposthumes, hard tumours, and other swellings by blows ind falls.

## The Tamarisk Tree.

IT is so well known in the places where it grows, that it needeth no description.

*Time.*] It flowereth about the end of May, or in June, ind the seed is ripe and blown away in the beginning of September.

*Government and Virtues.*] A gallant Saturnine herb it s. The soot, leaves, young branches, or bark boiled in wine, and drank, stays the bleeding of the hæmorrhoidal veins, the spitting of blood, the too abounding of womens courses, the jaundice, the colic, and the biting of all ve- nomous serpents except the asp; and outwardly applied,

is very powerful against the hardness of the spleen, and the tooth-ach, pains in the ears, red and watering eyes. The decoction, with some honey put thereto, is good to stay gangrenes, and fretting ulcers, and to wash those that are subject to nits and lice. Alpinus and Vesslingus affirm, That the Egyptians do with good success use the wood of it to cure the French disease, as others do with lignum vitæ or guiacum; and give it also to those who have the leprosy, scabs, ulcers, or the like. Its ashes doth quickly heal blisters raised by burnings or scaldings. It helps the dropsy, arising from the hardness of the spleen, and therefore to drink out of cups made of the wood is good for splenetic persons. It is also helpful for melancholy, and the black jaundice that ariseth thereof.

## Garden Tansy.

GARDEN Tansy is so well known, that it needeth no description.

*Time.*] It flowereth in June and July.

*Government and Virtues.*] Dame Venus was minded to pleasure women with child by this herb, for there grows not an herb fitter for their use than this is; it is just as tho' it were cut out for the purpose. This herb bruised and applied to the navel, stays miscarriages; I know no herb like it for that use: Boiled in ordinary beer, and the decoction drank, doth the like; and if her womb be not as she would have it, this decoction will make it so. Let those women that desire children love this herb, it is their best companion, their husband excepted. Also it consumes the phlegmatic humours, the cold and moist constitution of Winter, moist usually affects the body of man with, and that was the first reason of eating tansies in the Spring. At last the world being over run with Popery, a monster called Superstition peaks up his head, and, as a judgment of God, obscures the bright beams of knowledge by his dismal looks; (physicians seeing the Pope and his imps selfish, they began to do so too) and now forsooth Tansies must be eaten only on Palm and Easter Sundays, and their neighbour days; At last superstition being too hot to hold, and the selfishness of physicians walking in the clouds; after the friars and monks had made the people ignorant, the in-

rfluition of the time was found out, by the virtue of the herb dden, and now it is almoſt, if not altogether, left off. urely our phyſicians are beholden to none ſo much as they e to monks and friars: For want of eating this herb in pring, maketh people ſickly in Summer; and that makes ork for the phyſician. If it be againſt any man or womens onſcience to eat Tanſy in the Spring, I am as unwilling to urthen their conſcience, as I am that they ſhould burthen nine; they may boil it in wine and drink the decoction, t will work the ſame effect. The decoction of the comon Tanſy, or the juice drank in wine, is a ſingular remely for all the griefs that come by ſtopping of the urine, elpeth the ſtranguary, and thoſe that have weak reins and kidneys. It is alſo very profitable to diſſolve and expel wind in the ſtomach, belly or bowels, to procure womens courſes, and expel windineſs in the matrix, if it be bruiſed and often ſmelled unto, as alſo applied to the lower part of the belly. It is alſo very profitable for ſuch women as are given to miſcarry in child bearing, to cauſe them to go out their full time: It is uſed alſo againſt the ſtone in the reins, eſpecially to men. The herb fried with eggs (as it is accuſtomed in the Spring-time) which is called a Tanſy, helpeth to digeſt and carry downward thoſe bad humours that trouble the ſtomach. The ſeed is very profitably given to children for the worms, and the juice in drink is as effectual. Being boiled in oil, it is good for the ſinews ſhrunk by cramps, or pained with colds, if thereto applied.

## Wild Tansy, or, Silver Weed.

THIS is alſo ſo well known, that it needeth no deſcription.

*Place.*] It groweth almoſt in every place.

*Time.*] It flowereth in June and July.

*Government and Virtues.*] Now Dame Venus hath fitted women with two herbs of one name, one to help conception, the other to maintain beauty, and what more can be expected of her? What now remains for you, but to love your huſbands, and not to be wanting to your poor neighbours? Wild Tanſy ſtayeth the laſk, and all the fluxes of blood in men and women, which ſome ſay is wil

do, if the green herb be worn in the ſhoes, ſo it be next the ſkin; and it is true enough, that it will ſtop the terms, if worn ſo, and the whites too, for ought I know. It ſtayeth alſo ſpitting or vomiting of blood. The powder of the herb taken in ſome of the diſtilled water, helpeth the whites in women, but more eſpecially if a little coral, and ivory in powder be put to it. It is alſo commended to help children that are burſten, and have a rupture, being boiled in water and ſalt. Being boiled in water and drank, it eaſeth the gripping pains of the bowels, and is good for the ſciatica and joint-achs. The ſame boiled in vinegar, with honey and allum, and gargled in the mouth, eaſeth the pains of the tooth-ach, faſteneth looſe teeth, helpeth the gums that are ſore, and ſetteth the palate of the mouth in its place, when it is fallen down. It cleanſeth and healeth ulcers in the mouth or ſecret parts, and is very good for inward wounds, and to cloſe the lips of green wounds, and to heal old, moiſt, and corrupt running ſores in the legs or elſewhere. Being bruiſed and applied to the ſoles of the feet and hand wriſts, it wonderfully cooleth the hot fits of agues, be they never ſo violent. The diſtilled water cleanſeth the ſkin of all diſcolourings therein, as morphew, ſun-burnings, &c. as alſo pimples, freckles, and the like; and dropped into the eyes, or cloths wet therein and applied, taketh away the heat and inflammations in them.

## THISTLES.

OF theſe are many kinds growing here in England, which are ſo well known, that they need no deſcription. Their difference are eaſily known by the places where they grow, *viz.*

*Place.*] Some grow in fields, ſome in meadows, and ſome among the corn; others on heaths, greens, and waſte grounds in many places.

*Time.*] They flower in June and Auguſt, and their ſeed is ripe quickly after.

*Government and Virtues.*] Surely Mars rules it, it is ſuch a prickly buſineſs. All theſe Thiſtles are good to provoke urine, and to mend the ſtinking ſmell thereof; as alſo the rank ſmell of the armpits, or the whole body,

being boiled in wine and drank, and are said also to help a stinking breath, and to strengthen the stomach. Pliny saith, That the juice bathed on the place that wanteth hair, it being fallen off, will cause it to grow again speedily.

## The Melancholy Thistle.

*Descript.*] IT riseth up with tender single hoary, green stalks, bearing thereon four or five green leaves, dented about the edges; the points thereof are little or nothing prickly, and at the top usually but one head, yet sometimes from the bosom of the uppermost leaves there shooteth forth another small head, scaly and prickly, with many reddish thrumbs or threads in the middle, which being gathered fresh, will keep the colour a long time, and fadeth not from the stalk a long time, while it perfects the seed, which is of a mean bigness, lying in the down. The root hath many strings fastened to the head, or upper part, which is blackish, and perisheth not.

There is another sort, little differing from the former, but that the leaves are more green above, and more hoary underneath. and the stalk being about two feet high, beareth but one scaly head, with threads and seeds as the former.

*Place.*] They grow in many moist meadows of this land, as well in the southern, as in the northern parts.

*Time.*] They flower about July or August, and their seed ripeneth quickly after.

*Government and Virtues.*] It is under Capricorn, and therefore under both Saturn and Mars; one rids melancholy by sympathy, the other by antipathy. Their virtues are but few, but those not to be despised; for the decoction of the thistle in wine being drank, expels superfluous melancholy out of the body, and makes a man as merry as a cricket: superfluous melancholy causeth care, fear, sadness, despair, envy, and many evils more besides; but religion teacheth to wait upon God's providence, and cast our care upon him who careth for us. What a fine thing were it is men and women could live so? And yet seven years care and fear makes a man never the wiser, nor a farthing richer. Dioscorides saith, the root borne about one doth the like, and removes all diseases of melancholy. Modern w

laugh at him: *Let them laugh that win*, my opinion is that it is the beſt remedy againſt all melancholy diſeaſes that grows; they that pleaſe may uſe it.

## Our Lady's Thistle.

*Deſcript.*] OUR Lady's Thiſtle hath divers very large and broad leaves lying on the ground cut in, and as it were crumpled, but ſomewhat hairy on the edges, of a white green ſhining colour, wherein are many lines and ſtreaks of a milk-white colour running all over, and ſet with many ſharp and ſtiff prickles all about, among which riſeth up one or more ſtrong, round and prickly ſtalks, ſet full of the like leaves up to the top, where, at the end of every branch, comes forth a great prickly Thiſtle like head, ſtrongly armed with prickles, and with bright purple thrumbs riſing out of the middle: After they are paſt, the ſeed groweth in the ſaid heads, lying in ſoft white down, which is ſomewhat flatiſh in the ground, and many ſtrings and fibres faſtened thereunto. All the whole plant is bitter in taſte.

*Place.*] It is frequent on the banks of almoſt every ditch.

*Time.*] It flowereth and ſeedeth in June, July, and Auguſt.

*Government and Virtues.*] Our Lady's Thiſtle is under Jupiter, and thought to be as effectual as Carduus Benedictus for agues, and to prevent and cure the infection of the plague; as alſo to open the obſtructions of the liver and ſpleen, and thereby is good againſt the jaundice. It provoketh urine, breaketh and expelleth the ſtone, and is good for the dropſy. It is effectual alſo for the pains in the ſides, and many other inward pains and gripings. The ſeed and diſtilled water are held powerful to all the purpoſes aforeſaid, and beſides, it is often applied both outwardly with cloths or ſpunges, to the region of the liver, to cool the diſtemper thereof, and to the region of the heart, againſt ſwoonings and paſſions of it. It cleanſeth the blood exceedingly; and in Spring, if you pleaſe to boil the tender plant (but cut off the prickles, unleſs you have a mind to choak yourſelf) it will change your blood as the ſeaſon changeth, and that is the way to be ſafe.

## The WOOLEN, or COTTON THISTLE.

*Deſcript.*] THIS hath many large leaves lying upon the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green colour on the upper ſide, but covered over with a long hairy wool or cotton down, ſet with moſt ſharp and cruel pricks; from the middle of whoſe heads of flowers come forth many purpliſh crimſon threads, and ſometimes white, although but ſeldom. The ſeed that followeth in thoſe white downy heads, is ſomewhat large and round, reſembling the ſeed of Lady's Thiſtle, but paler: The root as great and thick, ſpreading much, yet uſually dieth after ſeed-time.

*Place.*] It groweth on divers ditch banks, and in the corn fields, and highways, generally throughout the land, and is often growing in gardens.

*Government and Virtues.*] It is a plant of Mars. Dioſcorides and Pliny write, That the leaves and roots hereof taken in drink, help thoſe that have a crick in their neck, that they cannot turn it, unleſs they turn their whole body. Galen ſaith, That the roots and leaves hereof are good for ſuch perſons that have their bodies drawn together by ſome ſpaſm or convulſion, or other infirmities: as the rickets (or as the college of phyſicians would have it, Rachites, about which name they have quarrelled ſufficiently) in children, being a diſeaſe, that hindereth their growth, by binding their nerves, ligaments, and whoſe ſtructure of their body.

## The FULLER'S THISTLE, or, TEASLE.

IT is ſo well known, that it needs no deſcription, being uſed with the clothworkers.

The wild Teaſle is in all things like the former, but that the prickles are ſmall, ſoft, and upright, not hooked or ſtiff, and the flowers of this are of a fine blueiſh, or pale carnation colour, but of the manured kind, whitiſh.

*Place.*] The firſt groweth, being ſown, in gardens or fields for the uſe of clothworkers: The other near ditches and rills of water in many places of this land.

*Time.*] They flower in July, and are ripe in the end of Auguſt.

*Government and Virtues.*] It is an herb of Venus. Dioſcorides ſaith, That the roots bruiſed and boiled in wine, till it be thick, and kept in a brazen veſſel, and after ſpread as a ſalve, and applied to the fundament, doth heal the cleft thereof, cankers and fiſtulas therein, alſo taketh away warts and wens. The juice of the leaves dropped into the ears, killeth worms in them. The diſtilled water of the leaves dropped into the eyes, taketh away redneſs and miſts in them that hinder the ſight, and is often uſed by women to preſerve their beauty, and to take away redneſs and inflammations, and all other heat or diſcolourings.

### Treacle Muſtard.

*Deſcript.*] IT riſeth with a hard round ſtalk, about a foot high, parted into ſome branches, having divers ſoft green leaves, long and narrow, ſet thereon, waved, but not cut into the edges, broadeſt towards the ends, ſomewhat round pointed; the flowers are white that grow at the tops of the branches, ſpike-faſhion, one above another; after which come round pouches, parted in the middle with a furrow, having one blackiſh brown ſeed on either ſide, ſomewhat ſharp in taſte, and ſmelling of garlic, eſpecially in the fields where it is natural, but not ſo much in gardens: The roots are ſmall and thready, periſhing every year.

Give me leave here to add Mithridate Muſtard, altho' it may ſeem more properly by the name to belong to M, in the alphabet.

### Mithridate Muſtard.

*Deſcript.*] THIS groweth higher than the former, ſpreading more and higher branches, whoſe leaves are ſmaller and narrower, ſometimes unevenly dented about the edges. The flowers are ſmall and white, growing on long branches, with much ſmaller and rounder veſſels after them, and parted in the ſame manner, having ſmaller brown ſeeds than the former, and much ſharper in taſte. The root periſheth after ſeed time, but abideth the firſt Winter after ſpringing.

*Place.*] They grow in ſundry places in this land, as

half a mile from Hatfield, by the river side, under a hedge as you go to Hatfield, and in the street of Peckham on Surry side.

*Time.*] They flower and seed from May to August.

*Government and Virtues.*] Both of them are herbs of Mars. The Mustards are said to purge the body both upwards and downwards, and procureth womens courses so abundantly, that it suffocateth the birth. It breaketh inward impostumes, being taken inwardly; and used in clysters, helpeth the sciatica. The seed applied, doth the same. It is an especial ingredient unto mithridate and treacle, being of itself an antidote resisting poison, venom, and putrefaction. It is also available in many cases for which the common Mustard is used, but somewhat weaker.

## The Black Thorn, or, Sloe-Bush.

IT is so well known, that it needeth no description.

*Place.*] It groweth in every county in the hedges and borders of fields.

*Time.*] It flowereth in April, and sometimes in March, but the fruit ripeneth after all other plumbs whatsoever, and is not fit to be eaten until the Autumn frost mellow them.

*Government and Virtues.*] All the parts of the Sloe Bush are binding, cooling and dry, and all effectual to stay bleeding at the nose and mouth, or any other place; the lask of the belly or stomach, or the bloody-flux, the too much abounding of womens courses, and helpeth to ease the pains of the sides, bowels, and guts, that come by overmuch scouring, to drink the decoction of the bark of the roots, or more usually the decoction of the berries, either fresh or dried. The conserve also is of very much use, and more familiarly taken for the purpose aforesaid. But the distilled water of the flowers first steeped in sack for a night, and drawn therefrom by the heat of Balneum, Anglic, a bath, is a most certain remedy, tried and approved, to ease all manner of gnawings in the stomach, the sides and bowels, or any griping pains in any of them, to drink a small quantity when the extremity of pain is upon them. The leaves also are good to make lotions to gargle and wash the mouth and throat wherein are swellings, sores,

or kernels; and to ſtay the defluctions of rheum to the eye or other parts; as alſo to cool the heat and inflammation of them, and eaſe hot pains of the head, to bathe the forehead and temples therewith. The ſimple diſtilled water of the flowers is very effectual for the ſaid purpoſes, and the condenſate juice of the Sloes. The diſtilled water of the green berries is uſed alſo for the ſaid effects.

## THOROUGH WAX, or, THOROUGH LEAF.

*Deſcript.*] COMMON Thorough-Wax ſendeth forth a ſtrait, round ſtalk, two feet high, or better, whoſe lower leaves being of a blueiſh colour, are ſmaller and narrower than thoſe up higher, and ſtand cloſe thereto, not compaſſing it; but as they grow higher, they do more encompaſs the ſtalks, until it wholly paſs through them, branching toward the top into many parts, where the leaves grow ſmaller again, every one ſtanding ſingly, and never two at a joint. The flowers are ſmall and yellow, ſtanding in tufts at the heads of the branches, where afterwards grow the ſeed, being blackiſh, many thick thruſt together. The root is ſmall, long and woody, periſhing every year, after ſeed-time, and riſing again plentifully of its own ſowing.

*Place.*] It is found growing in many corn-fields and paſture grounds in this land.

*Time.*] It flowereth in July, and the ſeed is ripe in Auguſt.

*Temperature and Virtues.*] Both this and the former are under the influence of Saturn. Thorough-Wax is of ſingular good uſe for all ſorts of bruiſes and wounds either inward or outward; and old ulcers and ſores likewiſe, if the decoction of the herb with water and wine be drank, and the place waſhed therewith, or the juice of the green herb bruiſed, or boiled, either by itſelf, or with other herbs, in oil or hog's greaſe, to be made into an ointment to ſerve all the year. The decoction of the herb, or powder of the dried herb, taken inwardly, and the ſame, or the leaves bruiſed, and applied outwardly, is ſingular good for all ruptures and burnings, eſpecially in children before they be too old. Being applied with a little flour and wax to children navels that ſtick forth, it helpeth them.

THYME.

IT is in vain to deſcribe an herb ſo commonly known.

*Government and Virtues.*] It is a noble ſtrengthener of the lungs, as notable a one as grows; neither is there ſcarce a better remedy growing for that diſeaſe in children which they commonly call the Chin-cough, than it is. It purgeth the body of phlegm, and is an excellent remedy for ſhortneſs of breath. It kills worms in the belly, and being a notable herb of Venus, provokes the terms, gives ſafe and ſpeedy delivery to women in travail, and brings away the after-birth. It is ſo harmleſs you need not fear the uſe of it. An ointment made of it takes away hot ſwellings and warts, helps the ſciatica and dulneſs of ſight, and takes away pains and hardneſs of the ſpleen; 'Tis excellent for thoſe that are troubled with the gout; as alſo, to anoint the rods that are ſwelled. It eaſeth pains in the loins and hips. The herb taken any way inwardly, comforts the ſtomach much, and expels wind.

WILD THYME, or, MOTHER of THYME.

WILD Thyme alſo is ſo well known, that it needeth no deſcription.

*Place.*] It may be found commonly in commons, and other barren places throughout the nation.

*Government and Virtues:*] It is under the dominion of Venus, and under the ſign Aries, and therefore chiefly appropriated to the head. It provoketh urine, and the terms, and eaſeth the griping pain of the belly, cramps, ruptures, and inflammation of the liver. If you make a vinegar of the herb, as vinegar of roſes is made (you may find out the way in my tranſlation of the London Diſpenſatory) and anoint the head with it, it preſently ſtops the pains thereof. It is excellent good to be given either in phrenzy or lethargy, although they are two contrary diſeaſes: It helps ſpitting and piſſing of blood, coughing, and vomiting; it comforts and ſtrengthens the head, ſtomach, reins, and womb, expels wind, and breaks the ſtone.

## Tormentil, or, Septfoil.

*Descript.*] THIS hath reddish, slender, weak branches rising from the root, lying on the ground rather leaning than standing upright, with many short leaves that stand closer to the stalks than cinquefoil (to which it is very like) with the foot stalk compassing the branches in several places; but those that grow to the ground are set upon long foot stalks, each whereof are like the leaves of cinquefoil, but somewhat long and lesser, dented about the edges, many of them divided but into five leaves, but most of them into seven, whence it is also called Septfoil; yet some may have six, and some eight, according to the fertility of the soil. At the tops of the branches stand divers small yellow flowers, consisting of five leaves, like those of cinquefoil, but smaller. The root is smaller than bistort, somewhat thick, but blacker without, and not so red within, yet sometimes a little crooked, having blackish fibres thereat.

*Place.*] It groweth as well in woods and shadowy places, as in the open champain country, about the borders of fields in many places of this land, and almost in every broom field in Essex.

*Time.*] It flowereth all the Summer long.

*Government and Virtues.*] This is a gallant herb of the Sun. Tormentil is most excellent to stay all kinds of fluxes of blood or humours in man or woman, whether at nose, mouth or belly. The juice of the herb and root, or the decoction thereof, taken with some Venice treacle, and the person laid to sweet, expels any venom or poison, or the plague, fever, or other contageous diseases, as pox, measles, &c. for it is an ingredient in all antidotes or counter poisons. Andreas Valesius is of opinion, that the decoction of this root is no less effectual to cure the French pox than Guiacum or China; and it is not unlikely, because it so mightily resisteth putrefaction. The root taken inwardly is most effectual to help any flux of the belly, stomach, spleen, or blood; and the juice wonderfully opens obstructions of the liver and lungs, and thereby helpeth the yellow jaundice. The powder or decoction drank, or to sit thereon as a bath, is an assured remedy against abortion in women, if it pro-

ed from the over flexibility or weakneſs of the inward retentive faculty; as alſo a plaiſter made therewith, and vinegar applied to the reins of the back, doth much help not only his, but alſo thoſe that cannot hold their water, the powder being taken in the juice of plantain, and is alſo commended againſt the worms in children. It is very powerful in ruptures and burſtings, as alſo for bruiſes or falls, to be uſed as well outwardly as inwardly. The root hereof made up with ellitory of Spain and allum, and put into a hollow tooth, not only aſſuageth the pain, but ſtayeth the flux of humours which cauſeth it. Tormentil is no leſs effectual and powerful a remedy againſt outward wounds, ſores and hurts, than for inward, and is therefore a ſpecial ingredient to be uſed in wound drinks, lotions and injections, for foul corrupt rotten ſores and ulcers of the mouth, ſecrets, or other parts of the body. The juice or powder of the root put in ointments, plaiſters, and ſuch things that are to be applied to wounds, or ſores, is very effectual, as the juice of the leaves and the root bruiſed and applied to the throat, or jaws, healeth the king's evil, and eaſeth the pains of the ſciatica; the ſame uſed with a little vinegar, is a ſpecial remedy againſt the running ſores of the head or other parts, ſcabs alſo, and the itch, or any ſuch eruptions in the ſkin, proceeding of ſalt and ſharp humours. The ſame is alſo effectual for the piles or hæmorrhoids, if they be waſhed or bathed therewith, or with the diſtilled water of the herb and roots. It is found alſo helpful to dry up any ſharp rheum that diſtilleth from the head into the eyes, cauſing redneſs, pain, waterings, itching, or the like, if a little prepared tutia, or white amber, be uſed with the diſtilled water thereof. Many women uſe this water as a ſecret to help themſelves and others, when they are troubled with too much flowing of the whites or reds, both to drink it, or to inject it with a ſyringe. And here is enough, only remember the Sun challengeth this herb.

## Turnsole, or, Heliotropium.

*Deſcript.* THE greater Turnſole riſeth with one upright ſtalk, about a foot high, or more, dividing itſelf almoſt from the bottom, into divers ſmall, branches, of a hoary colour; at each joint of the ſtalk and branches grow ſmall broad leaves, ſomewhat white and hoary,

At the tops of the ſtalks and branches ſtand ſmall white flowers, conſiſting of four, and ſometimes five ſmall leaves, ſet in order one above another, upon a ſmall crooked ſpike, which turneth inwards like a bowed finger, opening by degrees as the flowers blow open; after which in their place come forth cornered ſeed, four for the moſt part ſtanding together; the root is ſmall and thready, periſhing every year and the ſeed ſhedding every year, raiſeth it again the next Spring.

*Place.*] It groweth in gardens, and flowereth and ſeedeth with us, notwithſtanding it is not natural to this land, but to Italy, Spain, and France, where it grows plentifully.

*Government and Virtues.*] It is an herb of the Sun, and a good one too. Dioſcorides ſaith, That a good handful of this, which is called the Great Turnſole, boiled in water, and drank, purgeth both choler and phlegm; and boiled with cummin, helpeth the ſtone in the reins, kidneys, or bladder, provoketh urine and womens courſes, and cauſeth an eaſy and ſpeedy delivery in child-birth. The leaves bruiſed and applied to places pained with the gout, or that have been out of joint, and newly ſet, and full of pain, do give much eaſe: the ſeed and juice of the leaves alſo being rubbed with a little ſalt upon warts or wens, and other kernels in the face, eye-lids, or any other part of the body, will, by often uſing, take them away.

## Meadow Trefoil, or, Honeyſuckles.

IT is ſo well known, eſpecially by the name of Honeyſuckles, white and red, that I need not deſcribe them.

*Place.*] They grow almoſt every where in this land.

*Government and Virtues.*] Mercury hath dominion over the common ſorts. Dodoneus ſaith, The leaves and flowers are good to eaſe the griping pains of the gout, the herb being boiled and uſed in a clyſter. If the herb be made into a pouliice, and applied to inflammations, it will eaſe them. The juice dropped in the eyes, is a familiar medicine with many country people, to take away the pin and web (as they call it) in the eyes; it alſo allayeth the heat and blood-ſhooting of them. Country people do alſo in many places drink the juice thereof againſt the biting of the adder; and having boiled the herb in water, they firſt waſh

he place with the decoction. and then lay ſome of the herb alſo to the hurt place. The herb alſo boiled in ſwine's greaſe, and ſo made into an ointment, is good to apply to the biting of any venomous creatures. The herb alſo bruiſed and heated between tiles, and applied hot to the ſhare, cauſeth them to make water who had it ſtopt before. It is held likewiſe to be good for wounds, and to take away ſeed. The decoction of the herb and flowers, with the ſeed and root, taken for ſome time, helpeth women that are troubled with the whites. The ſeed and flowers boiled in water, and after made into a poultice with ſome oil, and applied, helpeth hard ſwellings and impoſthumes.

### Heart Trefoil.

BESIDES the ordinary ſort of Trefoil, here are two more remarkable, and one of which may be probably called Heart Trefoil, not only becauſe the leaf is triangular, like the heart of a man, but alſo becauſe each leaf contains the perfect icorn of a heart, and that in its proper colour, viz. a fleſh colour.

*Place.*] It groweth between Longford and Bow, and beyond Southwark, by the highway and parts adjacent.

*Government and Virtues.*] It is under the dominion of the Sun, and if it were uſed, it would be found as great a ſtrengthener of the heart, and cheriſher of the vital ſpirits as grows, relieving the body againſt fainting and ſwoonings, fortifying it againſt poiſon and peſtilence, defending the heart againſt the noiſome vapours of the ſpleen.

### Pearl Trefoil.

IT differs not from the common ſort, ſave only in this one particular, it hath a white ſpot in the leaf like a pearl. It is particularly under the dominion of the Moon, and its icon ſheweth that it is of a ſingular virtue againſt the pearl, or pin and web in the eyes.

### Tutsan, or, Park Leaves.

*Deſcript.*] IT hath browniſh ſhining round ſtalks, erected the length thereof, riſing two by two, and ſometimes three feet high, branching forth even from the bottom, having divers joints, and at each of them two fair large leaves ſtanding, of a dark blueiſh green colour on the upper ſide, and of a yellowiſh green underneath, turning

reddish toward Autumn. At the top of the stalks stand large yellow flowers, and heads with seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple colour when they are ripe, with small brownish seed within them, and they yield a reddish juice or liquor somewhat resinous, and of a harsh and sly pick taste, as the leaves also and the flowers be, altho' much less, but do not yield such a clear claret wine colour, as some say it doth. The root is brownish, somewhat great, hard, and woody spreading well in the ground.

*Place.*] It groweth in many woods, groves, and wood grounds, as parks and forests, and by hedge-sides in many places in this land, as in Hampstead wood, by Ratley in Essex, in the wilds of Kent, and in many other places needless to recite.

*Time.*] It flowereth later than St John's or St Peter's wort.

*Government and Virtues.*] It is an herb of Saturn, and a most noble antivenerean. Turpan purgeth choleric humours, as St Peter's-wort is said to do, for therein it worketh the same effects, both to help the sciatica and gout, and to heal burning by fire; it stayeth all the bleedings of wounds, if either the green herb be bruised, or the powder of the dry be applied thereto. It hath been accounted, and certainly it is, a sovereign herb to heal either wound or sore, either outwardly or inwardly, and therefore always used in drinks, lotions, balms, oils, ointments, or any other sorts of green wounds, old ulcers, or sores in all which the continual experience of former ages hath confirmed the use thereof to be admirable good, though it be not so much in use now, as when physicians and surgeons were so wise as to use herbs more than now they do.

## Garden Valerian.

*Descript.*] THIS hath a thick short greyish root lying for the most part above ground, shooting forth on all other sides such like small pieces of roots, which have all of them many long green strings and fibres under them in the ground whereby it draweth nourishment. From the head of these roots spring up many green leaves which at first are somewhat broad and long, without any divisions at all in them

denting on the edges; but those that rise up after are more and more divided on each side, some to the middle rib, being winged, as made of many leaves together on a stalk, and those upon a stalk, in like manner more divided, but smaller towards the top than below; the stalk riseth to be a yard high or more, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent, which passing away, there followeth small brownish white seed, that is easily carried away with the wind. The root smelleth more strong than either leaf or flower, and is of more use in medicines.

*Place.*] It is generally kept with us in gardens.

*Time.*] It flowereth in June and July, and continueth flowering until the frost pull it down.

*Government and Virtues.*] This is under the influence of Mercury. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink it provoketh urine, and helpeth the strangury. The decoction thereof taken, doth the like also, and taketh away pains of the sides, provoketh womens courses, and is used in antidotes. Pliny saith, That the powder of the root given in drink, or the decoction thereof taken, helpeth all stopping and stranglings in any part of the body, whether they proceed of pains in the chest or sides, and taketh them away. The root of Valerian boiled with liquorice, raisins, and aniseed, is singular good for those that are short-winded, and for those that are troubled with the cough, and helpeth to open the passages, and to expectorate phlegm easily. It is given to those that are bitten or stung by any venomous creature, being boiled in wine. It is of a special virtue against the plague, the decoction thereof being drank, and the root being used to smell to. It helpeth to expel the wind in the belly. The green herb with the root taken fresh being bruised and applied to the head, taketh away the pains and prickings there, slayeth rheum and thin distillations, and being boiled in white wine, and a drop thereof put into the eyes, taketh away the dimness of the sight, or any pin or web therein: It is of excellent property to heal any inward

fores or wounds, and also for outward hurts or wounds, and drawing away splinters or thorns out of the flesh.

## VERVAIN.

*Descript.* THE common Vervain hath somewhat long broad leaves next the ground deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side, somewhat grey underneath. The stalk is square, branched into several parts, rising about two feet high, especially if you reckon the long spike of flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a blue colour and white intermixed, after which come small round seed, in small and somewhat long heads: The root is small and long but of no use.

*Place.* It groweth generally throughout this land in divers places of the hedges and way-sides, and other waste grounds.

*Time.* It floweth in July, and the seed is ripe soon after.

*Government and Virtues.* This is an herb of Venus, and excellent for the womb to strengthen and remedy all the cold griefs of it, as Plantain doth the hot. Vervain is hot and dry, opening obstructions, cleansing and healing: It helpeth the yellow jaundice, the dropsy and the gout; it killeth and expelleth worms in the belly, and causeth a good colour in the face and body, strengtheneth as well as correcteth the diseases of the stomach, liver, and spleen; helps the cough, wheezings, and shortness of breath, and all the defects of the reins and bladder, expelling the gravel and stone. It is held to be good against the biting of serpents, and other venomous beasts, against the plague, and both tertian and quartan agues. It consolidateth and healeth also all wounds, both inward and outward, stayeth bleedings, and used with some honey, healeth all old ulcers and fistulas in the legs or other parts of the body; as also those ulcers that happen in the mouth; or used with hog's grease, it helpeth the swellings and pains of the secret parts in man or woman, also for the piles or hæmorrhoids; applied with some oil of roses and vinegar unto the forehead and temples,

t easeth the inveterate pains and ach of the head, and is good for those that are frantic. The leaves bruised, or the juice of them mixed with some vinegar, doth wonderfully cleanse the skin, and taketh away morphew, freckles, fistulas, and other such like inflammations and deformities of the skin in any part of the body. The distilled water of the herb when it is in full strength, dropped into the eyes cleanseth them from films, clouds, or mists, that darken the sight, and wonderfully strengthens the optick nerves: The said water is very powerful in all the diseases aforesaid, either inward or outward, whether they be old corroding sores, or green wounds.

## The VINE.

THE leaves of the English Vine (I do not mean to send you to the Canaries for a medicine) being boiled, make a good lotion for sore mouths; being boiled with barley meal into a poultice, it cools inflammations of wounds; the dropping of the Vine, when it is cut in the Spring, which country people call Tears, being boiled in a syrup, with sugar, and taken inwardly, is excellent to stay womens longings after every thing they see, which is a disease many women with child are subject to. The decoction of Vine leaves in white wine doth the like: Also the tears of the Vine, drank two or three spoonfuls at a time, breaks the stone in the bladder. This is a very good remedy, and it is discreedy done, to kill a Vine to cure a man, but the salt of the leaves are held to be better. The ashes of the burnt branches will make teeth that are as black as a coal, to be as white as snow, if you but every morning rub them with it. It is a most gallant Tree of the Sun, very sympathetical with the body of man, and that is the reason spirit of wine is the greatest cordial among all vegetables.

## VIOLETS.

BOTH the tame and the wild are so well known, that they need no description.

*Time.*] They flower until the end of July, but are best in March, and the beginning of April.

*Government and Virtues.*] They are a fine, pleasing plant of Venus, of a mild nature, no way harmful. All the Violets are cold and moist while they are fresh and green.

and are used to cool any heat, or distemperature of the body, either inwardly or outwardly, as inflammations in the eyes, in the matrix or fundament, in impostumes also, and hot swellings, to drink the decoction of the leaves and flowers made with water in wine, or to apply them poultice-wise to the grieved places; It likewise easeth pains in the head, caused through want of sleep; or any other pains arising of heat, being applied in the same manner, or with oil of roses. A dram weight of the dried leaves or flowers of Violets, but the leaves more strongly, doth purge the body of choleric humours, and assuageth the heat, being taken in a draught of wine, or any other drink; the powder of the purple leaves of the flowers, only picked and dried and drank in water, is said to help the quinsy, and the falling sickness in children, especially in the beginning of the disease. The flowers of the white Violets ripen and dissolve swellings. The herb or flowers, while they are fresh, or the flowers when they are dry, are effectual in the pleurisy, and all diseases of the lungs, to temper the sharpness of hot rheums, and the hoarseness of the throat, the heat also and sharpness of urine, and all the pains of the back or reins, and bladder. It is good also for the liver and the jaundice, and all hot agues, to cool the heat, and quench the thirst; but the syrup of Violets is of most use, and of better effect, being taken in some convenient liquor; and if a little of the juice or syrup of lemons be put to it, or a few drops of the oil of vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a claret wine colour, and a fine tart relish, pleasing the taste. Violets taken, or made up with honey, do more cleanse and cool, and with sugar contrary-wise. The dried flowers of Violets are accounted amongst the cordial drinks, powders, and other medicines, especially where cooling cordials are necessary. The green leaves are used with other herbs to make plaisters and poultices for inflammations and swellings, to ease all pains whatsoever, arising of heat, and for the piles also, being fried with yolks of eggs, and applied thereto.

## Viper's Bugloss.

*Descript.*] THIS hath many long tough leaves lying on the ground, from among which arise up divers hard round ſtalks, very rough as if they were thick ſet with prickles or hairs, whereon are ſet ſuch like rough, hairy, or prickly ſad green leaves, ſomewhat narrow; the middle rib for the moſt part being white. The flowers ſtand at the top of the ſtalk, branched forth in many long ſpiked leaves of flowers, bowing or turning like the turnſole, all opening for the moſt part on the one ſide, which are long and hollow, turning up the brims a little, of a purpliſh violet colour in them that are fully blown, but more reddiſh while they are in the bud, as alſo upon their decay and withering; but in ſome places of a paler purple colour, with a long pointle in the middle, feathered or parted at the top. After the flowers are fallen, the ſeeds growing to be ripe, are blackiſh, cornered and pointed ſomewhat like the head of a viper. The root is ſomewhat great and blackiſh, and woolly, when it groweth toward ſeed-time, and periſheth in the Winter.

There is another ſort, little differing from the former, only in this, that it beareth white flowers.

*Place.*] The firſt groweth wild almoſt every where. That with white flowers about the caſtle-walls in Lewes in Suſſex.

*Time.*] They flower in Summer, and their ſeed is ripe quickly after.

*Government and Virtues.*] It is a moſt gallant herb of the Sun; it is a pity it is no more in uſe than it is. It is an eſpecial remedy againſt the biting of the Viper, and all other venomous beaſts, or ſerpents; as alſo againſt poiſon, or poiſonful herbs. Dioſcorides and others ſay, That whoſoever ſhall take of the herb or root before they be bitten, ſhall not be hurt by the poiſon of any ſerpent. The root or ſeed is thought to be moſt effectual to comfort the heart, and expel ſadneſs, or cauſeleſs melancholy; it tempers the blood, and allayeth the hot fits of agues. The ſeed drank in wine, procureth abundance of milk in women's breaſts. The ſame alſo being taken, eaſeth the pain

in the loins, back, and kidneys. The diſtilled water of the herb when it is in flower, or its chief ſtrength, is excellent to be applied either inwardly or outwardly, for all the griefs aforeſaid. There is a ſyrup made hereof very effectual for the comforting the heart, and expelling ſadneſs and melancholy.

## Wall-Flowers, or, Winter-Gilliflowers.

THE garden kinds are ſo well known, that they need no deſcription.

*Deſcript.*] The common ſingle Wall-flowers, which grow wild abroad, have ſundry ſmall, long, narrow, dark green leaves, ſet without order upon ſmall, round, whitiſh woody ſtalks, which bear at the tops divers ſingle yellow flowers one above another, every one bearing four leaves a-piece, and of a very ſweet ſcent; after which come long pods, containing a reddiſh ſeed. The roots are white, hard and thready.

*Place.*] It groweth upon church walls, and old walls of many houſes, and other ſtone walls in divers places: The other ſort in gardens only.

*Time.*] All the ſingle kinds do flower many times in the end of Autumn; and if the Winter be mild, all the Winter long, but eſpecially in the months of February, March and April, and until the heat of the Spring do ſpend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early ſometimes, and in ſome places very late.

*Government and Virtues.*] The Moon rules them. Galen, in his ſeventh book of ſimple medicines, ſaith, That the yellow Wall-flowers work more powerfully than any of the other kinds, and are therefore of more uſe in phyſic. It cleanſeth the blood, and freeth the liver and reins from obſtructions, provoketh women's courſes, expelleth the ſecundine, and the dead child; helpeth the hardneſs and pains of the mother, and of the ſpleen alſo; ſtayeth inflammations and ſwellings, comforteth and ſtrengtheneth any weak part, or out of joint; helpeth to cleanſe the eyes from miſtineſs and films on them, and to cleanſe the ſharp ulcers in the mouth, or any other part, and is alſo

o ſo abide the firſt year; and the next Spring from amo- nem, riſe up divers round ſtalks, two or three feet high, be- et with many ſuch like leaves thereon, but ſmaller, and hooting forth ſmall branches, which with the ſtalks carry nany ſmall yellow flowers, in a long ſpiked head at the top f them, where afterwards come the ſeed, which is ſmall and lack, incloſed in heads that are divided at the tops into four parts. The root is long, white, and thick, abiding the Win- er. The whole herb changeth to be yellow, after it hath een in flower a while.

*Place.*] It groweth every where by the way ſides, in moiſt grounds, as well as dry, in corners of fields and bye- lanes, and ſometimes all over the field. In Suſſex and Kent they call it Green Weed.

*Time.*] It flowereth about June.

*Government and Virtues.*] Matthiolus ſaith, that the root hereof cureth tough phlegm, digeſteth raw phlegm, thinneth groſs humours, diſſolveth hard tumours, and openeth obſtruc- tions. Some do highly commend it againſt the biting of venomous creatures, to be taken inwardly and applied out- wardly to the hurt place; as alſo for the plague or peſtilence. The people in ſome counties of this land, do uſe to bruiſe the herb, and lay it to cure or wounds in the hands or legs, to heal them.

## Wheat.

ALL the ſeveral kinds hereof are ſo well known unto almoſt all people, that it is altogether needleſs to write a deſcription thereof.

*Government and Virtues.*] It is under Venus. Dioſco- rides ſaith, That to eat the corn of green Wheat is hurtful to the ſtomach, and breedeth worms. Pliny ſaith, That the corn of Wheat, roaſted upon an iron pan, and eaten, are a preſent remedy for thoſe that are chilled with cold. The oil preſſed from Wheat, between two thick plates of iron, or copper heated, healeth all ſcurfs and ringworms, being uſed warm; and hereby Galen ſaith, he hath known many to be cured. Matthiolus commendeth the ſame to be put into hollow ulcers to heal them up, and it is good for chops in the hands and feet, and to make rugged ſkin ſmooth. The green corns of Wheat being chewed, and applied to

will ſtay the laſks and womens courſes, being taken in red wine, and ſtay the falling of the hair, and make it fair, being anointed with oil and wine. The green huſks will do the like, being uſed in the ſame manner. The kernels beaten with rue and wine, being applied, helpeth the quinſy: and bruiſed with ſome honey, and applied to the ears, eaſeth the pains and inflammations of them. A piece of the green huſks put into a hollow tooth, eaſeth the pain. The catkins hereof taken before they fall off, dried, and given a dram thereof in powder with white wine, wonderfully helpeth thoſe that are troubled with the riſing of the mother. The oil that is preſſed out of the kernels, is very profitable taken inwardly like oil or almonds, to help the colick, and to expel wind very effectually; an ounce or two thereof may be taken at any time. The young green nuts taken before they be half ripe, and preſerved with ſugar, are of good uſe for thoſe that have weak ſtomachs, or deflections thereon. The diſtilled water of the green huſks, before they be half ripe, is of excellent uſe to cool the heat of agues, being drank an ounce or two at a time; as alſo to reſiſt the infection of the plague, if ſome of the ſame be alſo applied to the ſores thereof. The ſame alſo cooleth the heat of green wounds and old ulcers, and healeth them, being bathed therewith. The diſtilled water of the green huſks being ripe, when they are ſhelled from the nuts, and drank with a little vinegar, is good for the plague, ſo as before the taking thereof a vein be opened. The ſaid water is very good againſt the quinſy, being gargled and bathed therewith, and wonderfully helpeth deafneſs, the noiſe, and other pains in the ears. The diſtilled water of the young green leaves in the end of May, performeth a ſingular cure on foul running ulcers and ſores, to be bathed, with wet cloths or ſponges applied to them every morning.

## Wold, Weld, or, Dyer's Weed.

THE common kind groweth huſhing with many leaves, long, narrow and flat upon the ground; of a dark blueiſh green colour, ſomewhat like unto Woad, but nothing ſo large, a little crumpled, and as it were round-pointed, which

do ſo abide the firſt year; and the next Spring from among them, riſe up divers round ſtalks, two or three feet high, beſet with many ſuch like leaves thereon, but ſmaller, and ſhooting forth ſmall branches, which with the ſtalks carry many ſmall yellow flowers, in a long ſpiked head at the top of them, where afterwards come the ſeed, which is ſmall and black, incloſed in heads that are divided at the tops into four parts. The root is long, white, and thick, abiding the Winter. The whole herb changeth to be yellow, after it hath been in flower a while.

*Place.*] It groweth every where by the way ſides, in moiſt grounds, as well as dry, in corners of fields and bye-lanes, and ſometimes all over the field. In Suſſex and Kent they call it Green Weed.

*Time.*] It flowereth about June.

*Government and Virtues.*] Matthiolus ſaith, that the root hereof cureth tough phlegm, digeſteth raw phlegm, thinneth groſs humours, diſſolveth hard tumours, and openeth obſtructions. Some do highly commend it againſt the biting of venomous creatures, to be taken inwardly and applied outwardly to the hurt place; as alſo for the plague or peſtilence. The people in ſome counties of this land, do uſe to bruiſe the herb, and lay it to cuts or wounds in the hands or legs, to heal them.

## Wheat.

ALL the ſeveral kinds hereof are ſo well known unto almoſt all people, that it is altogether needleſs to write a deſcription thereof.

*Government and Virtues.*] It is under Venus. Dioſcorides ſaith, That to eat the corn of green Wheat is hurtful to the ſtomach, and breedeth worms. Pliny ſaith, That the corn of Wheat, roaſted upon an iron pan, and eaten, are a preſent remedy for thoſe that are chilled with cold. The oil preſſed from Wheat, between two thick plates of iron, or copper heated, healeth all tetters and ringworms, being uſed warm; and hereby Galen ſaith, he hath known many to be cured. Matthiolus commendeth the ſame to be put into hollow ulcers to heal them up, and it is good for chops in the hands and feet, and to make rugged ſkin ſmooth. The green corns of Wheat being ſhewed, and applied

places bitten by a mad dog, heals it; slices of Wheat bread soaked in red rose water, and applied to the eyes that are hot, red and inflamed, or blood-shotten, helpeth them. Hot bread applied for an hour, at times, for three days together, perfectly healeth the kernels in the throat, commonly called the King's evil. The flour of Wheat mixed with the juice of henbane, stay the flux of humours to the joints, being laid thereon. The said meal boiled in vinegar, helpeth the shrinking of the sinews; saith Pliny; and mixed with vinegar, and boiled together, healeth all freckles, spots and pimples on the face. Wheat flour, mixed with the yolk of an egg, honey and turpentine, doth draw, cleanse and heal any boil, plague sore, or foul ulcer. The bran of Wheat-meal steeped in sharp vinegar, and then bound in a linen cloth, and rubbed on those places that have the scurf, morphew, scabs or leprosy, will take them away, the body being first well purged and prepared. The decoction of the bran of Wheat or barley, is of good use to bathe those places that are burst en by a rupture; and the said bran boiled in good vinegar, and applied to swollen breasts, helpeth them, and stayeth all inflammations. It helpeth also the biting of vipers (which I take to be no other than our English adder) and all other venomous creatures. The leaves of Wheat meal, applied with some salt, take away hardness of the skin, warts, and hard knots in the flesh. Starch moistened with rose water, and laid to the eods, taketh away their itching. Wafers put in water, and drank, stayeth the lasks and bloody flux, and are profitably used both inwardly and outwardly for the ruptures in children. Boiled in water unto a thick jelly, and taken, it stayeth spitting of blood; and boiled with mint and butter, it helpeth the hoarseness of the throat.

## The Willow Tree.

THESE are so well known that they need no description; I shall therefore only shew you the virtues thereof.

*Government and Virtues.*] The Moon owns it. Both the leaves, bark, and the seed, are used to stanch bleeding of wounds, and at mouth and nose, spitting of blood, and other fluxes of blood in man or woman, and to stay vomiting, and

provocation thereunto, if the decoction of them in wine be drank. It helpeth also to slay thin, hot, sharp, salt distillations from the head upon the lungs, causing a consumption. The leaves bruised with some pepper, and drank in wine, helps much the wind colic. The leaves bruised and boiled in wine, and drank, slayeth the heat of lust in man or woman, and quite extinguisheth it, if it be long used: The seed is also of the same effect. Water that is gathered from the Willow, when it flowereth, the bark being slit, and a vessel fitting to receive it, is very good for redness and dimness of sight, or films that grow over the eyes, and stay the rheums that fall into them; to provoke urine, being stopped if it be drank; to clear the face and skin from spots and discolourings. Galen saith, The flowers have an admirable faculty in drying up humours, being a medicine without any sharpness or corrosion; you may boil them in white wine, and drink as much as you will, so you drink not yourself drunk. The bark works the same effect, if used in the same manner, and the Tree hath always a bark upon it, though not always flowers; the burnt ashes of the bark being mixed with vinegar, taketh away warts, corns, and superfluous flesh, being applied to the place. The decoction of the leaves or bark in wine, takes away scurff and drandriff by washing the place with it. It is a fine cool tree, the boughs of which are very conveaient to be placed in the chamber of one sick of a fever.

## Woad.

*Descript.* IT hath divers large leaves, long, and somewhat broad withal, like those of the greater plantain but larger, thicker, of a greenish colour, somewhat blue withal. From among which leaves riseth up a lusty stalk, three or four feet high, with divers leaves set thereon; the higher the stalk riseth, the smaller are the leaves; at the top it spreadeth divers branches, at the end of which appear very pretty, little yellow flowers, and after they pass away like other flowers of the field, come husks, long and somewhat flat withal; in form they resemble a tongue, in colour they are black, and they hang bobbing downwards. The seed contained within these husks, (if it be a little chewed) give an azure colour. The root is white and long.

*Place.*] It is sowed in fields for the benefit of it, which those that sow it, cut it three times a year.

*Time.*] It flowers in June, but it is long after before the seed is ripe.

*Government and Virtues.*] It is a cold and dry plant of Saturn. Some people affirm the plant to be destructive to bees, and fluxes them; which, if it be, I cannot help it. I should rather think, unless bees be contrary to other creatures it possesseth them with the contrary disease, the herb being exceeding dry and binding. However, if any bees be diseased thereby, the cure is, to set urine by them, but set it in a vessel, that they cannot drown themselves, which may be remedied, if you put pieces of cork in it. The herb is very drying and binding, that it is not fit to be given inwards. An ointment made thereof stancheth bleeding. A plaister made thereof, and applied to the region of the spleen which lies on the left side, takes away the hardness and pains thereof. The ointment is excellent good in such ulcers as abound with moisture, and takes away the corroding and fretting humours: It cools inflammations, quencheth St. Anthony's fire, and stayeth defluxion of the blood to any part of the body.

## Woodbine, or Honey-Suckles.

IT is a plant so common, that every one that hath eyes knows it, and he that hath none, cannot read a description if I should write it.

*Time.*] They flower in June, and the fruit is ripe in August.

*Government and Virtues.*] Doctor Tradition, that grand introducer of errors, that hater of truth, that lover of folly, and that mortal foe to Dr Reason, hath taught the common people to use the leaves or flowers of this plant in mouth-water, and by long continuance of time, hath so grounded it in the brains of the vulgar, that you cannot beat it out with a beetle: All mouth-waters ought to be cooling and drying, but Honey Suckles are cleansing, consuming and digesting; and therefore no way fit for inflammations; this Dr Reason. Again if you please, we will leave Dr Reason a while, and come to Dr Experience, a learned gentleman and his brother: Take a leaf and chew it in your mouth

nd your will quickly find it likelier to cause a sore mouth nd throat than to cure it. Well then, if it be not good or this, What is it good for? It is good for something, for God and nature made nothing in vain. It is an herb of Mercury, and appropriated to the lungs; the celestial Crab laims dominion over it; neither is it a foe to the lion; if he lungs be afflicted by Jupiter, this is your cure; It is fitting a conserve made of the flowers of it were kept in every gentlewoman's house: I know no better cure for an asthma than this; besides, it takes away the evil of the spleen, provokes urine, procures speedy delivery of women in travail, helps cramps, convulsions, and palsies, and whatsoever griefs come of cold or flopping: if you please to make use of it as an ointment, it will clear your skin of morphew, freckles, and sun-burnings, or what ever else discolours it, and then the maids will love it. Authors say, The flowers are of more effect than the leaves, and that is true; but they say the seeds are least effectual of all. But Dr Reason told me, That there was a vital spirit in every seed to beget its like: and Dr Experience told me, That there was a greater heat in the seed than there was in any other part of the plant; and withal, That heat was the mother of action, and then judge if old Dr Tradition (who may well be honoured for his age, but not for his goodness) hath not so poisoned the world with errors before I was born, that it was never well in its wits since, and there is great fear it will die mad.

## WORMWOOD.

THREE Wormwoods are familiar with us; one I shall not describe, another I shall describe, and the third be critical at; and I care not greatly if I begin with the last first.

*Sea Wormwood* hath gotten as many names as virtues, (and perhaps one more) Seriphian, Santonicon, Belchion, Narbinense, Hantonicon, Misneule, and a matter of twenty more which I shall not blot paper withal. A Papist got the toy by the end, and he called it Holy Wormwood; and in truth, I am of opinion, their giving so much holiness to herbs, is the reason there remains so little in themselves. The seed of this Wormwood is that which usually women give their children for the worms. Of all Wormwoods

that grow here. this is the weakest, but doctors commend and apothecaries sell it; the one must keep his credit the other get money, and that is the key of the wo The herb is good for something, because God made thing in vain: Will you give me leave to weigh it in the balance of reason; Then thus; The seeds of common Wormwood are far more prevalent than seed of this, to expel worms in children, or people of age; of both, some are weak, some are strong. The Seriphian Wormwood is the weakest, and haply may prove he fittest for the weak bodies, (for it is weak enough of conscience.) Let such as are strong take the comm Wormwood, for the others will do but little good. Ag near the sea many people live, and Seriphian grows ne them, and therefore is more fitting for their bodies, b cause nourished by the same air; and this I had from D Reason. In whose body Dr Reason dwells not, dwells D Madness, and he brings in his brethern, Dr Ignorance Dr Folly, and Dr Sickness, and these together make wa for Death, and the latter end of that man is worse than the beginning. Pride was the cause of Adam's fall; pride begat a daughter, I do not know the father of it, unless the devil, but she christened it, and called it Appetite, and sent her daughter to raise these Wormwoods, who finding this the least bitter, made the squeamish wench extol it to the skies, though the virtues of it never reached to the middle region of the air. Its due praise is this: It is weakest, therefore fittest for weak bodies, and fitter for those bodies that dwell near it, than those that live far from it; my reason is, the sea (those that live far from it, know when they come near it) calleth not such a smell as the land doth. The tender mercies of God being over all his works, hath by his eternal Providence planted Seriphian, by the sea side, as a fit medicine for the bodies of those that live near it. Lastly, It is known to all that know any thing in the course of nature, that the liver delights in sweet things, if so, it abhors bitter; then if your liver be weak, it is none of the wisest courses to plague it with an enemy. If the liver be weak, a consumption follows; would you know the reason? It is this, A man's flesh is repaired by

blood, by a third concoction, which transmutes the blood into flesh, it is well I said, (concoction) say I, if I had said (boiling) every cook would have understood me. The liver makes blood, and if it be weakened that it makes not enough, the flesh wasteth; and why must flesh always be renewed? Because the eternal God, when he made the creation, made one part of it in continual dependency upon another; And why did he so? Because himself only is permanent; to teach us, That we should not fix our affections upon what is transitory, but upon what endures for ever. The result of this is, if the liver be weak, and cannot make blood enough, (I would have said Sanguify, if I had written only to scholars) the Seriphian, which is the weakest of Wormwoods, is better than the best. I have been critical enough, if not too much.

*Place.* It grows familiarly in England, by the sea side.

*Descript.* It hath up out of the earth, with many round, woody, hairy stalks from the root. Its height is four feet, or three at least. The leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in similitude like Southernwood, only broader and longer; in taste rather salt than bitter, because it grows so near the salt waters. At the joints with the leaves toward the tops it bears lively yellow flowers; the root lies deep, and is woody.

*Common Wormwood.* I shall not describe, for every boy that can tell an egg knows it.

*Roman Wormwood;* and why Roman, seeing it grows familiarly in England? It may be so called, because it is good for a stinking breath, which the Romans cannot be very free from, maintaining so many bawdy-houses by authority of his Holiness.

*Descript.* The stalks are slender, and shorter than the common Wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the flowers of a pale yellow colour; it is altogether like the common Wormwood, save only in bigness, for it is smaller; in taste, for it is not so bitter; in smell, for it is spicy.

*Place.* It groweth upon the tops of the mountains (in

wasp, a hornet, a scorpion, Wormwood, an herb of Mars, giveth you a present cure; then Mars, choleric as he is, hath learned that patience, to pass by your evil speeches of him, and tells you by my pen, That he gives you no affliction, but he gives you a cure; you need not run to Apollo, nor Æsculapius; and if he was so choleric as you make him to be, he would have drawn his sword for anger, to see the ill condition of those people that can spy his vices, and not his virtues. The eternal God, when he made Mars, made him for public good, and the sons of men shall know it in the latter end of the world. *Et calum Mars solus habet.* You say Mars is a destroyer; mix a little Wormwood, an herb of Mars, with your ink, neither rats nor mice touch the paper written with it, and then Mars is a preserver. Astrologers think Mars causeth scabs and itch, and the virgins are angry with him, because wanton Venus told them he deforms their skins; but, quoth Mars, My only desire is, they should know themselves; my herb Wormwood will restore them to the beauty they formerly had, and in that I will not come an inch behind my opposite, Venus; for which doth the greatest evil, he that takes away an innate beauty, and when he has done, knows how to restore it again? or she that teaches a company of wanton lasses to paint their faces? If Mars be in a Virgin, in the nativity, they say he causeth the colic, (it is well God hath set some body to pull down the pride of man) He in the Virgin troubles none with the colic, but them that know not themselves (for who knows himself, may easily know all the world.) Wormwood, an herb of Mars, is a present cure for it: and whether it be most like a Christian to love him for his good, or hate him for his evil, judge ye. I had almost forgotten, that charity thinks no evil, I was once in the tower and viewed the wardrobe, and there was a great many fine cloaths: (I can give them no other title, for I was never either linen or woolen draper) yet as brave as they looked, my opinion was that the moths might consume them; moths are under the dominion of Mars; this herb Wormwood being laid among cloaths, will make a moth scorn to meddle with the cloaths, as much as a lion scorn to meddle with a mouse, or an eagle with a fly. You s-

penny how a shilling is coined: As for the college of physicians, they are too stately to learn, and too proud to confess. They say a mouse is under the dominion of the Moon, and that is the reason they feed in the night; the house of the Moon is Cancer; rats are of the same nature with mice, but they are a little bigger; Mars receives his fall in Cancer, *ergo*, Wormwood being an herb of Mars, is a present remedy for the biting of rats and mice. Mushrooms (I cannot give them the title of Herba, Frutex or Arbor) are under the dominion of Saturn, (and take one time with another, they do as much harm as good; if any have poisoned himself by eating them, Wormwood, an herb of Mars, cures him, because Mars is exalted in Capricorn, the house of Saturn, and this it doth by sympathy, as it did the other by antipathy. Wheals, pushes, black and blue spots, coming either by bruises or beatings, Wormwood, an herb of Mars, helps, because Mars, (as bad as you love him, and as you hate him) will not break your head, but he will give you a plaister. If he do but teach you to know yourselves, his courtesy is greater than his discourtesy. The greatest antipathy between the planets, is between Mars and Venus; one is hot, the other cold; one diurnal, the other nocturnal; one dry, the other moist; their houses is opposite, one masculine, the other feminine; one public, the other private; one is valiant, the other effeminate: one loves the light the other hates it; one loves the field, the other sheets; then the throat is under Venus, the quinsy lies in the throat, and is an inflammation there: Venus rules the throat (it being under Taurus her sign) Mars eradicates all diseases in the throat by his herb (of which wormwood is one) and sends them to Egypt on an errand never to return more, this done by antipathy. The eyes are under the Luminaries; the right eye of a man, and the left eye of a woman the Sun claims dominion over; the left eye of a man, and the right eye of a woman are privileges of the Moon, Wormwood, an herb of Mars, cures both; what belongs to the Sun by sympathy, because he is exalted in his house; but what belongs to the Moon by antipathy, because he hath his fall in her's. Suppose a man be bitten or stung by a martial creature, imag-

diſpute they fell out, and in anger parted, and Mars told me that his brother Saturn told him, that an antivenerean medicine was the beſt againſt the pox). Once a month he meets with the Moon. Mars is quick enough of ſpeech, and the Moon not much behind hand, (neither are moſt women.) The Moon looks much after children, and children are much troubled with the worms; ſhe deſired a medicine of him, he bid her take his own herb, Wormwood. He had no ſooner parted with the Moon but he met with Venus, and ſhe was as drunk as a bitch: Alas! poor Venus, quoth he; What! thou a fortune, and be drunk? I'll give thee an antipathetical cure: Take my herb Wormwood, and thou ſhalt never get a ſurfeit by drinking. A poor ſilly countryman hath got an ague, and cannot go about his buſineſs; he wiſhes he had it not, and ſo do I; but I will tell him a remedy, whereby he ſhall prevent it: Take the herb of Mars, Wormwood, and if fortunes will do good, what will fortunes do? Some think the lungs are under Jupiter; and if the lungs, then the breath; and tho' ſometimes a man gets a ſtinking breath, and yet Jupiter is a fortune, forſooth, up comes Mars to him; Come, brother Jupiter, thou knoweſt I ſent thee a couple of trines to thy houſe laſt night, the one from Aries, and the other from Scorpion: give me thy leave by ſympathy to cure this poor man with drinking a draught of Wormwood beer every morning. The Moon was weak the other day, and ſhe gave a man two terrible miſchiefs, a dull brain and a weak ſight; Mars laid by his ſword and comes to her; Siſter Moon, ſaid he, this man hath angered thee, but I beſeech thee take notice he is but a fool; prithee be patient, I will with my herb wormwood cure him of both infirmities by antipathy, for thou knoweſt thou and I cannot agree; with that the Moon began to quarrel; Mars (not delighting much in womens tongues) went away, and did it whether ſhe would or no.

He that reads this, and underſtands what he reads, hath a jewel of more worth than a diamond; he that underſtands it not, is as little fit to give phyſic. There lies a key in theſe words which will unlock, (if it be turned by a wiſe hand) the cabinet of phyſic; I have delivered it as plain

as I durſt; it is not only upon Wormwood as I wrote, but upon all plants, trees, and herbs; he that underſtands it not, is unfit (in my opinion) to give phyſick. (This ſhall live when I am dead. And thus I leave it to the world, not caring a farthing whether they like or diſlike it. The grave equals all men, and therefore ſhall equal me, with all princes; until which time the eternal Providence is over me: Then the ill tongue of a prating fellow, or one that hath more tongue than wit, or more proud than honeſt, ſhall never trouble me. *Wiſdom is juſtified by her children.* And ſo much for Wormwood.

## Yarrow, called Noſe-bleed, Milfoil and Thouſand-leaf.

*Deſcript.*] IT hath many long leaves ſpread upon the ground, finely cut, and divided into many ſmall parts: Its flowers are white, but not all of a whiteneſs, and ſtayed in knots, upon divers green ſtalks which riſe from among the leaves.

*Place.*] It is frequent in all paſtures.

*Time.*] It flowereth late, even in the latter end of Auguſt.

*Government and Virtues.*] It is under the influence of Venus. An ointment of them cures wounds, and is moſt fit for ſuch as have inflammations, it being an herb of Dame Venus; it ſtops the terms in women, being boiled in white wine, and the decoction drank; as alſo the bloody-flux: the ointment of it is not only good for green wounds, but alſo for ulcers and fiſtulas, eſpecially ſuch as abound with moiſture. It ſtays the ſhedding of hair, the head being bathed with the decoction of it: inwardly taken it helps the retentive faculty of the ſtomach; it helps the running of the reins in men, and the whites in women, and helps ſuch as cannot hold their water; and the leaves chewed in the mouth eaſeth the tooth-ach; and theſe virtues being put together, ſhew the herb to be drying and binding. Achilles is ſuppoſed to be the firſt that left the virtues of this herb to poſterity, having learned them of his maſter Chiron, the Centaur; and certainly a very profitable herb it is in cramps, and therefore called Militaris.

# DIRECTIONS.

HAVING in divers places of this Treatise promised you the way of making Syrups, Conserves, Oils, Ointments, &c. of herbs, roots, flowers, &c. whereby you may have them ready for your use at such times when they cannot be had otherwise; I come now to perform what I promised, and you shall find me rather better than worse than my word.

That this may be done methodically, I shall divide my directions into two grand sections, and each section into several chapters, and then you shall see it look with such a countenance as this is.

## SECT. I.

### *Of gathering, drying, and keeping Simples and their Juices.*


CHAP 1 *Of leaves of Herbs, &c.*
Chap. 2. *Of Flowers.*
Chap. 3. *Of Seeds.*
Chap. 4. *Of Roots.*
Chap. 5. *Of Barks.*
Chap. 6. *Of Juices.*


## SECT. II.

### *Of making and keeping Compounds.*


CHAP 1 *Of distilled Waters.*
Chap. 2. *Of Syrups.*
Chap. 3. *Of Julcps.*
Chap. 4. *Of Decoctions.*
Chap. 5. *Of Oils.*
Chap. 6. *Of Electuaries.*
Chap. 7. *Of Conserves.*
Chap. 8. *Of Preserves.*
Chap. 9. *Of Lohochs.*
Chap. 10. *Of Ointments.*
Chap. 11. *Of Plaisters.*
Chap. 12. *Of Poultices.*
Chap. 13. *Of Trochis.*
Chap. 14. *Of Pills.*
Chap. 15. *The way of fitting Medicines to Compound Diseases.*
Of all these in order.

## CHAP. I.

### *Of Leaves, of Herbs, or Trees.*

1. OF leaves, choose only such as are green, and full of juice; pick them carefully, and cast away such as are any way declining, for they will putrify the rest: So shall one handful be worth ten of those you buy in Cheapside.

2. Note what places they most delight to grow in, and gather them there; for Betony that grows in the shade, is far better than that which grows in the Sun, because it delights in the shade; so also such herbs as delight to grow near the water, should be gathered near it, though happily you may find some of them upon dry ground: The treatise will inform you where every herb delights to grow.

3. The leaves of such herbs as run up to seed, are not so good when they are in flower as before (some few excepted, the leaves of which are seldom or never used) in such cases, if through ignorance they were not known, or through negligence forgotten, you had better take the top and the flowers, than the leaf.

4. Dry them well in the Sun, and not in the shade, as the saying of the physician is; for if the Sun draw away the virtues of the herb, it must needs do the like by hay, by the same rule which the experience of every country farmer will explode for a notable piece of nonsense.

5. Such as are artists in astrology, (and indeed none else are fit to make physicians) such I advice; let the planet that governs the herb be angular, and the stronger the better; if they can, in herbs of Saturn, let Saturn be in the ascendant; in the herbs of Mars, let Mars be in the mid heaven, for in those houses they delight; let the Moon apply to them by good aspect, and let her not be in houses of her enemies; if you cannot well stay till she apply to them let her apply to a planet of the same triplicity; if you cannot wait that time neither, let her be with a fixed star of their nature.

6. Having well dried them, put them up in brown paper, sewing the paper up like a sack, and press them

not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried herbs, a juſt time cannot be given, let authors prate their pleaſure; for,

1ſt, Such as grow upon dry grounds will keep better than ſuch as grow on moiſt.

2dly, Such herbs as are full of juice, will not keep ſo long as ſuch as are drier.

3dly, Such herbs as are well dried will keep longer than ſuch as are ſlack dried. Yet you may know when they are corrupted, by their loſs of colour, or ſmell, or both; and, if they be corrupted, reaſon will tell you that they muſt needs corrupt the bodies of thoſe people that take them.

8. Gather all leaves in the hour of that planet that governs them.

## CHAP. II. *Of Flowers.*

THE flower, which is the beauty of the plant, and of none of the leaſt uſe in phyſic, groweth yearly, and is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour, and the plant they come of, be obſerved, as we ſhewed you in the foregoing chapter; as for the time of the day, let it be when the ſun ſhines upon them, that ſo they may be dry; for if you gather either flowers or herbs when they are wet or dewy, they will not keep.

3. Dry them well in the ſun, and keep them in paper near the fire, as I ſhewed you in the foregoing chapter.

4. So long as they retain the colour and ſmell, they are good; either of them being gone, ſo is their virtue alſo.

## CHAP. III. *Of Seeds.*

1. THE ſeed is that part of the plant which is endowed with a vital faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for place, let them be gathered from the place where they delight to grow.

3. Let them be full ripe when they are gathered; and forget not the celeſtial harmony before-mentioned, for I have found by experience that their virtues are twice as great

such times as others: "There is an appointed time for every thing under the sun."

4. When you have gathered them, dry them a little, and lay a little in the sun before you lay them up.

5. You need not be so careful of keeping them so near the fire, as the other before-mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, it is palpable they will keep a good many years; yet, they are best the first year, and this I make appear by a good argument. They will grow soonest the first year they be set, therefore then they are in their time; and it is an easy matter to renew them yearly.

## CHAP. IV. *Of Roots.*

1. OF roots, chuse such as are neither rotten nor worm-eaten, but proper in their taste, colour and smell: such as exceed neither in softness nor hardness.

2. Give me leave to be a little critical against the vulgar received opinion, which is, That the sap falls down into the roots in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle talk of untruth is so grounded in the heads, not only of the vulgar, but also of the learned, that a man cannot drive it out by reason. I pray let such sapmongers answer me this argument: If the sap falls into the roots in the fall of the leaf, and lies there all the Winter, then must the root grow only in the Winter. But the root grows not at all in the Winter, as experience teacheth, but only in the Summer: Therefore, If you set an apple-kernel in the Spring, you shall find the root to grow to a pretty bigness in that Summer; and be not a whit bigger next Spring. What doth the sap do in the root all that while? Pick straws? 'Tis as rotten as a rotten post.

The truth is, when the sun declines from the tropic of Cancer, the sap begins to congeal both in root and branch; when he touches the tropic of Capricorn, and ascends toward, it begins to wax thin again, and by degrees, as it congealed. But to proceed,

3. The drier time you gather the roots in, the better

they are; for they have the leſs excrementitious moiſture in them.

4. Such roots as are ſoft, your beſt way is to dry in the ſun, or elſe hang them in the chimney corner upon a ſtring: as for ſuch as are hard you may dry them any where.

5. Such roots as are great will keep longer than ſuch as are ſmall; yet moſt of them will keep a year.

6. Such roots as are ſoft, it is your beſt way to keep them always near the fire, and to take this general rule for it: If in Winter-time you find any of your roots, herbs or flowers begin to be moiſt, as many times you ſhall (for it is your beſt way to look to them once a month) dry them by a very gentle fire; or, if you can with conveniency keep them near the fire, you may ſave yourſelf the labour.

7. It is in vain to dry roots that may commonly be had, as Parſley, Fennel, Plantain, &c. but gather them only for preſent need.

## CHAP. V. *Of Barks.*

BARKS, which Phyſicians uſe in medicine, are of theſe ſorts: Of fruits, of roots, of boughs.

2. The barks of fruits are to be taken when the fruit is full ripe, as Oranges, Lemons, &c. but becauſe I have nothing to do with exotics here, I paſs them without any more words.

3. The barks of trees are beſt gathered in the Spring, if of oaks, or ſuch great trees; becauſe then they come eaſier off, and ſo you may dry them if your pleaſe; but indeed the beſt way is to gather all barks only for preſent uſe.

4. As for the barks of roots, 'tis thus to be gotten. Take the roots of ſuch herbs as have a pith in them, as parſley, fennel, &c. ſlit them in the middle and when you have taken out the pith (which you may eaſily do) that which remains is called (tho' improperly) the bark, and indeed is only to be uſed.

## CHAP. VI. *Of Juices.*

1. JUICES are to be preſſed out of herbs when they are young and tender, out of ſome ſtalks and tender tops of herbs and plants, and alſo out of ſome flowers.

2. Having gathered the herb, you would preſerve the juice of it, when it is very dry (for otherwiſe the juice will

not be worth a button) bruiſe it very well in a ſtone mortar with a wooden peſtle, then having put it into a canvas bag, the herb I mean, not the mortar, for that will give but little juice, preſs it hard in a preſs, then take the juice and clarify it.

3. The manner of clarifying it is this: Put it into a pipkin or ſkillet, or ſome ſuch thing, and ſet it over the fire; and when the ſcum ariſeth, take it off; let it ſtand over the fire till no more ſcum ariſe; when you have your juice clarified, caſt away the ſcum as a thing of no uſe.

4. When you have thus clarified it, you have two ways to preſerve it all the year.

(1.) When it is cold, put it into a glaſs, and put ſo much oil on it as will cover it to the thickneſs of two fingers; the oil will ſwim at the top, and ſo keep the air from coming to putrify it: When you intend to uſe it, pour it into a porringer, and if any oil come out with it, you may eaſily ſcum it off with a ſpoon, and put the juice you uſe not into the glaſs again, it will quickly ſink under the oil. This is the firſt way.

(2.) The ſecond way is a little more difficult, and the juice of fruits is uſually preſerved this way. When you have clarified it, boil it over the fire, till (being cold) it be of the thickneſs of honey: This is moſt commonly uſed for diſeaſes of the mouth, and is called Roba and Sabi. And thus much for the firſt ſection, the ſecond follows.

## SECT. II.

### *The way of making and keeping all neceſſary Compounds.*

### CHAP. I. *Of Diſtilled Waters.*

HITHERTO we have ſpoke of medicines which conſiſt in their own nature, which authors vulgarly call Simples, though ſomething improperly; for in truth, nothing is ſimple, but pure elements; all things elſe are compounded of them. We come now to treat of the artificial medicines, in the form of which (becauſe we muſt begin ſomewhere) we ſhall place diſtilled waters; in which conſider.

1. Waters are diſtilled of herbs, flowers, fruits, and roots.

2. We treat not of ſtrong waters, but of cold, as being moſt Galen's part, and not Paracelſus's.

3. The herbs ought to be diſtilled when they are in the greateſt vigour, and ſo ought the flowers alſo.

4. The vulgar way of diſtillations which people uſe, becauſe they know no better, is in a pewter ſtill: and altho' diſtilled waters are the weakeſt of artificial medicines, and good for little but mixtures of other medicines, yet they are weaker by many degrees, than they would be were they diſtilled in ſand. If I thought it not impoſſible, to teach you the way of diſtilled in ſand, I would attempt it.

5. When you have diſtilled your water, put it into a glaſs, covered over with a paper pricked full of holes, ſo that the excrementitious and fiery vapours may exhale, which cauſe that ſettling in diſtilled waters called the Mother, which corrupt them, then cover it cloſe, and keep it for your uſe.

6. Stopping diſtilled waters with a cork, makes them muſty, and ſo does paper, if it but touch the water; it is beſt to ſtop them with a bladder, being firſt put in water, and bound over the top of the glaſs.

Such cold waters as are diſtiled in a pewter ſtill (if well kept) will endure a year; ſuch as are diſtilled in ſand, as they are twice as ſtrong, ſo they endure twice as long.

## CHAP. II. *Of Syrups.*

1. A SYRUP is a medicine of a liquid form, compoſed of infuſion, decoction and juice. And, 1. For the more grateful taſte. 2. For the better keeping of it; with a certain quantity of honey or ſugar, hereafter mentioned, boiled to the thickneſs of new honey.

2. You ſee at the firſt view, That this aphoriſm divides itſelf into three branches, which deſerve ſeverally to be treated of, viz.

1. Syrups made by infuſion.
2. Syrups made by decoction.
3. Syrups made by juice.

Of each of theſe, (for your inſtruction-ſake, kind countrymen and women) I ſpeak a word, or two apart.

1ſt, Syrups made by infuſion, are uſually made of flowers, and of ſuch flowers as ſoon loſe their colour and ſtrength by boiling, as roſes, violets, peach flowers, &c. My tranſlation of the London Diſpenſatory will inſtruct you in the reſt. They are thus made; Having picked your flowers

clean, to every pound of them add three pounds or three pints, which you will (for it is all one) of ſpring water, made boiling hot: firſt put your flowers into a pewter pot, with a cover, and pour the water on them; then ſhutting the pot, let it ſtand by the fire, to keep hot twelve hours, and ſtrain it out; (in ſuch ſyrups as purge) as damaſk roſes, peach flowers, &c. the uſual, and indeed the beſt way, is to repeat this infuſion, adding freſh flowers to the ſame liquor divers times, that ſo it may be the ſtronger) having ſtrained it out, put the infuſion into a pewter baſon, or an earthen one well glazed, and to every pint of it add two pounds of ſugar, which being only melted over the fire, without boiling, and ſcummed, will produce you the ſyrup you deſire.

2dly, Syrups made by decoction are uſually made of compounds, yet may any ſimple herb be thus converted into ſyrup: Take the herb, root, or flowers you would make into a ſyrup, and bruiſe it a little; than boil it in a convenient quantity of ſpring water; the more water you boil it in, the weaker it will be; a handful of the herb or root is a convenient quantity for a pint of water; boil it till half the water be conſumed, then let it ſtand till it be almoſt cold, and ſtrain it thro' a woollen cloth, letting it run out at leiſure; without preſſing: To every pint of this decoction add one pound of ſugar, and boil it over the fire till it come to a ſyrup, which you may know, if you now and then cool a little of it with a ſpoon; Scum it all the while it boils, and when it is ſufficiently boiled, whilſt it is hot, ſtrain it again through a woollen cloth, but preſs it not. Thus you have the ſyrup perfected.

3dly, Syrups made of juice, are uſually made of ſuch herbs as are full of juice, and indeed they are better made into a ſyrup this way than any other; the operation is thus: Having beaten the herb in a ſtone morter, with a wooden peſtle, preſs out the juice, and clarifiy it, as you are taught before in the juices; then let the juice boil away till about a quarter of it be conſumed: To a pint of this add a pound of ſugar, and boil it to a ſyrup, always ſcumming it, and when it is boiled enough, ſtrain it through a woollen cloth, as we taught you before, and keep it for your uſe.

3. If you make a syrup of roots that are any thing hard as parsley, fennel, and grass roots, &c. when you have bruised them, lay them in steep some time in that water which you intend to boil them in, hot, so will the virtue the better come out.

4. Keep your syrups either in glasses or stone pots, and stop them not with cork nor bladder, unless you would have the glass break, and the syrup lost, only bind paper about the mouth.

5. All syrups, if well made, continue a year with some advantage; yet such as are made by infusion, keep shortest.

## CHAP. III. *Of Juleps.*

JULEPS were first invented, as I suppose, in Arabia: and my reason is, because the word Julep is an Arabic word.

2. It signifies only a pleasant potion, as is vulgarly used by such as are sick, and want help, or such as are in health, and want no money to quench thirst.

3. Now-a-day it is commonly used,

1. To prepare the body for purgation.
2. To open obstructions and the pores.
3. To digest tough humours.
4. To qualify hot distempers, &c.

4. Simple Juleps, (for I have nothing to say to compounds here) are thus made; Take a pint of such distilled water, as conduces to the cure of your distemper, which this treatise will plentifully furnish you with, to which add two ounces of syrup, conducing to the same effect; (I shall give you rules for it in the next chapter) mix them together, and drink a draught of it at your pleasure. If you love tart things, add ten drops of oil of vitriol to your pint, and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use; and therefore it is in vain to speak of their duration.

## CHAP. IV. *Of Decoctions.*

1. ALL the difference between decoctions, and syrups made by decoction, is this: Syrups are made to keep, decoctions only for present use; for you can hardly keep a decoction a week at any time; if the weather be hot, not half so long.

2. Decoctions are made of leaves, roots, flowers, ſeeds, fruits or barks, conducing to the cure of the diſeaſes you make them for; are made in the ſame manner as we ſhewed you in ſyrups.

3. Decoctions made with wine laſt longer than ſuch as are made with water; and if you take your decoction to cleanſe the paſſages of the urine, or open obſtructions, your beſt way is to make it with white wine inſtead of water, becauſe this is penetrating.

4. Decoctions are of moſt uſe in ſuch diſeaſes as lie in the paſſages of the body, as the ſtomach, bowels, kidneys, paſſages of urine and bladder, becauſe decoctions paſs quicker to thoſe places than any other form of medicines.

5. If you will ſweeten your decoction with ſugar, or any ſyrup fit for the occaſion you take it for, which is better, you may; and no harm.

6. If in a decoction, you boil both roots, herbs, flowers, and ſeed together, let the roots boil a good while firſt, becauſe they retain their virtue longeſt; then the next in order by the ſame rule, *viz.* 1. Barks. 2. The herbs. 3. The ſeeds. 4. The flowers. 5. The ſpices, if you put any in, becauſe their virtues come ſooneſt out.

7. Such things as by boiling cauſe ſliminess to a decoction, as figs, quince-ſeed, linſeed, *&c.* your beſt way is, after you have bruiſed them, to tie them up in a linen rag, as you tie up calf's brains, and ſo boil them.

8. Keep all decoctions in a glaſs cloſe ſtopped, and in the cooler place you keep them, the longer they will laſt ere they be ſour.

Laſtly, The uſual doſe to be given at one time, is uſually two, three, four, or five ounces, according to the age and ſtrength of the patient, the ſeaſon of the year, the ſtrength of the medicine, and the quality of the diſeaſe.

## CHAP. V. *Of Oils.*

OIL Olive, which is commonly known by the name of Sallad Oil, I ſuppoſe, becauſe it is uſually eaten with ſallads by them that love it, if it be preſſed out of ripe olives, according to Galen, is temperate, and exceeds in no one quality.

2. Of oils, ſome are ſimple, and ſome are compound.

3. Simple oils are such as are made of fruits or seeds by expression, as oil of sweet and bitter almonds, linseed and rape-seed oil, &c. of which see in my Dispensatory.

4. Compound oils, are made of oil of olives, and other simples, imagine herbs, flowers, roots, &c.

5. The way of making them is this: Having bruised the herbs or flowers you would make your oil of, put them into an earthen pot, and to two or three handfuls of them pour a pint of oil, cover the pot with a paper, set it in the sun about a fortnight or so, according as the sun is in hotness; then having warmed it very well by the fire, press out the herb, &c. very hard in a press, and add as many more herbs to the same oil: bruise the herbs (I mean not the oil) in like manner, set them in the sun as before; the oftner you repeat this, the stronger your oil will be: At last when you conceive it strong enough, boil both herbs and oil together, till the juice be consumed, which you may know by its leaving its bubbling, and the herb will be crisp; then strain it while it is hot, and keep it in a stone or glass vessel for your use.

6. As for chymical oils, I have nothing to say here.

7. The general use of these oils, is for pains in the limbs, roughness of the skin, the itch, &c. as also for ointments and plaisters.

8. If you have occasion to use it for wounds or ulcers, to two ounces of oil, dissolve half an ounce of turpentine, the heat of the fire will quickly do it; for oil itself is offensive to wounds, and the turpentine qualifies it.

## CHAP. VI. *Of Electuaries.*

PHYSICIANS make more a coil than needs by half, about electuaries. I shall prescribe but one general way of making them up; as for ingredients, you may vary them as you please, and as you find occasion, by the last chapter.

1. That you may make electuaries when you need them, it is requisite that you keep always herbs, roots, flowers, seeds, &c. ready dried in your house, that so you may be in a readiness to beat them into powder when you need them.

2. It is better to keep them whole than beaten; for be-

ten, they are more ſubject to loſe their ſtrength; be-
ne air ſoon penetrates them.

f they be not dry enough to beat into powder when
ed them, dry them by a gentle fire till they are ſo.

Having beaten them, ſift them through a fine tiffany,
that no great pieces may be found in your electuary.

To one ounce of your powder add three ounces of
d honey; this quantity I hold to be ſufficient. If
ould make more or leſs electuary, vary your propor-
cordingly.

Mix them well together in a mortar, and take this for a
you cannot mix them too much.

The way to clarify honey, is to ſet it over the fire in
enient veſſel till the ſcum riſe, and when the ſcum is
off, it is clarified.

The uſual doſe of cordial electuaries, is from half a
o two drams; of purging electuaries, from half an
to an ounce.

The manner of keeping them is in a pot.

The time of taking them, is either in a morning faſt-
d faſting an hour after them; or at night going to bed,
r four hours after ſupper.

## CHAP. VII. *Of Conſerves.*

HE way of making conſerves is twofold, one of herbs
and flowers, and the other of fruits.

Conſerves of herbs and flowers, are thus made: If
ake your conſerve of herbs, as of ſcurvy-graſs, worm-
rue, and the like, take only the leaves and tender
or you may beat your heart out, before you can beat
lks ſmall) and having beaten them, weigh them, and
y pound of them add three pounds of ſugar, you can-
at them too much.

Conſerves of fruits, as of barberries, ſloes and the
thus made; Firſt, Scald the fruit, then rub the pulp
thick hair ſieve made for the purpoſe, called a pulp-
ve; you may do it for a need with the back of a
; then take this pulp thus drawn, and add to it its
t of ſugar, and no more; put it into a pewter veſſel,
er a charcoal fire; ſtir it up and down till the ſugar
lted, and your conſerve is made.

4. Thus you have the way of making conſerves; the w of keeping them is in earthen pots.

5. The doſe is uſually the quantity of a nutmeg a time, morning and evening, or, (unleſs they are purgi when you pleaſe.

6. Of conſerves, ſome keep many years, as conſerves roſes; others but a year, as conſerves of borage, bugl cowſlips, and the like.

7. Have a care of the working of ſome conſerves p ſently after they are made; look to them once a day, a ſtir them about: Conſerves of borage, bugloſs, wormwo have gotten an excellent faculty at that ſport.

8. You may know when your conſerves are almoſt ſpoil by this; you ſhall find a hard cruſt at the top with litt holes in it, as though worms had been eating there.

## CHAP. VIII. *Of Preſerves.*

OF Preſerves are ſundry ſorts, and the operations of a being ſomewhat different, we will handle them all a part. Theſe are preſerved with ſugar;

1. Flowers. 3. Roots.
2. Fruits. 4. Barks.

1. Flowers are very ſeldom preſerved; I never ſaw any that I remember, ſave only cowſlip-flowers, and that was a great faſhion in Suſſex when I a boy. It is thus done: Take a flat glaſs, we call them jar glaſſes; ſtrew in a laying of fine ſugar, on that a laying of flowers, on that another laying of ſugar, on that another laying of flowers, ſo do till your glaſs be fulk; then tie it over with a paper, and in a little time you ſhall have very excellent and pleaſant preſerves.

There is another way of preſerving flowers; namely, with vinegar and ſalt, as they pickle capers and broom buds; but as I have little ſkill in it myſelf, I cannot teach you.

2. Fruits, as quinces, and the like, are preſerved two ways:

(1.) Boil them well in water, and then pulp them thr a ſieve, as we ſhewed you before; then with the like quan

of ſugar, boil the water they were boiled in into a ſyrup, a pound of ſugar to a pint of liquor; to every pound this ſyrup, add four ounces of the pulp; then boil with a very gentle fire to their right conſiſtence, which you may eaſily know, if you drop a drop of it upon a platter; if it be enough, it will not ſtick to your fingers when it is cold.

(2.) Another way to preſerve fruits is this: Firſt, Pare the rind; then cut them in halves, and take out the core; then boil them in water till they are ſoft; if you know when beef is boiled enough, you may eaſily know when they are: Then boil the water with its like weight of ſugar into a ſyrup; put the ſyrup into a pot, and put the boiled fruit as whole as you left it when you cut it into it and let it remain till you have occaſion to uſe it.

3. Roots are thus preſerved? Firſt, Scrape them very clean, and cleanſe them from the pith, if they have any, for ſome roots have not, as Eringo and the like; Boil them in water till they be ſoft, as we ſhewed you before in the fruits; then boil the water you boiled the root in into a ſyrup, as we ſhewed you before; then keep the root whole in the ſyrup till you uſe them.

4. As for barks, we have but few come to our hands to be done, and of thoſe the few that I can remember, are oranges, lemons, citrons, and the outer bark of walnuts, which grow without-ſide the ſhell, for the ſhells themſelves would make a ſcurvy preſerves; theſe be they I can remember, if there be any more, put them into the number.

The way of preſerving theſe, is not all one in authors, for ſome are bitter, ſome are hot; ſuch as are bitter, ſay authors, muſt be ſoaked in warm water, oftentimes changing till their bitter taſte be fled: But I like not this way, and my reaſon is this: Becauſe I doubt when their bitterneſs is gone, ſo is their virtue alſo; I ſhall then preſcribe one common way, namely, the ſame with the former, *viz.* Firſt boil them whole till they be ſoft, then make a ſyrup with ſugar and the liquor you boiled them in, and keep the barks in the ſyrup.

5. They are kept in glaſſes, or in glaz'd pots.

6. The preſerved flowers will keep a year, if you can

forbear eating of them; the roots and barks much longer.

7. This art was plainly and firſt invented for delicacy, came afterwards to be of excellent uſe in phyſick; For,

(1.) Hereby medicines are made pleaſant for ſick & ſqueamiſh ſtomachs; which elſe would loath them.

(2.) Hereby they are preſerved from decaying a time.

## CHAP. IX. *Of Lohocks.*

1. THAT which the Arabians call Lohocks, and Greeks Eclegma, the Latins call Linctus, and plain Engliſh ſignifies nothing elſe but a thing to be lic up.

3. They are in body thicker than a ſyrup, and not thick as an electuary.

4. The manner of taking them is, often to take a lit with a liquoriſh ſtick, and let it go down at leiſure.

5. They are eaſily thus made: Make a decoction of pe toral herbs, and the treatiſe will furniſh you with enoug and when you have ſtrained it, with twice its weight of h ney or ſugar, boil it to a lohock; if you are moleſted wi much phlegm, honey is better than ſugar; and if you add little vinegar to it, you will do well; if not, I hold ſuga to be better than honey.

6. It is kept in pots, and may be kept a year and longer.

7. It is excellent for roughneſs of the wind-pipe, inflammations and ulcers of the lungs, difficulty of breathing, aſthmas, coughs, and diſtillations of humours.

## CHAP. X. *Of Ointments.*

1. VARIOUS are the ways of making ointments, which authors have left to poſterity, which I ſhall omit, and quote one which is eaſieſt to be made, and therefore moſt beneficial to people that are ignorant in phyſick, for whose ſake I write this. It is thus done:

Bruiſe thoſe herbs, flowers, or roots, you will make an ointment of, and to two handfuls of your bruiſed herbs add a pound of hog's greaſe dried, or cleanſed from the ſkins, beat them very well together in a ſtone mortar with a wooden peſtle, then put it into a ſtone pot, (the herb and greaſe I

in, not the mortar) cover it with a paper, and ſet it either in the ſun, or ſome other warm place, three, four, or five days, that it may melt; then take it out and boil it a little; then whilſt it is hot, ſtrain it out, preſſing it out very hard in a preſs; to this greaſe add as many more herbs bruiſed as before; let them ſtand in like manner as long, then boil them as you did the former; If you think your ointment be not ſtrong enough, you may do it the third and fourth time; yet this I will tell you, the fuller of juice the herbs are, the ſooner will your ointment be ſtrong; the laſt time you boil it, boil it ſo long till your herbs be criſp, and the juice conſumed, then ſtrain it, preſſing it hard in a preſs, and to every pound of ointment add two ounces of turpentine, and as much wax, becauſe greaſe is offenſive to wounds, as well as oil.

2. Ointments are vulgarly known to be kept in pots, and will laſt above a year, ſome above two years.

## CHAP. XI. *Of Plaiſters.*

1. THE Greeks made their plaiſters of divers ſimples and put metals into moſt of them, if not all; for, having reduced their metals into powder they mixed them with that fatty ſubſtance whereof the reſt of the plaiſter conſiſted, whilſt it was yet hot, continually ſtirring it up and down, leſt it ſhould ſink to the bottom; ſo they continually ſtirr'd it till it was ſtiff: then they made it up in rolls, which when they needed for uſe, they could melt by fire again.

2. The Arabians made up theirs with oil and fat, which needeth not ſo long boiling.

3. The Greeks emplaiſters conſiſted of theſe ingredients metals, ſtones, divers ſorts of earth, feces, juices, liquors ſeeds, roots, herbs, excrements of creatures, wax, roſin, gums.

## CHAP. XII. *Of Poultices.*

POULTICES are thoſe kind of things which the Latins call *Cataplaſmata*, and our learned fellows, that if they can read Engliſh, that's all, call them Cataplaſms, becauſe 'tis a crabbed word few underſtand; it is indeed a very fine kind of medicine to ripen ſores.

2. They are made of herbs and roots, fitted for the ease and members afflicted, being chopped small, and boiled in water almoſt to a jelly; then by adding a little barley meal, or meal of lupins, and a little oil, or rough ſweet wine, which I hold to be better, ſpread upon a cloth and apply to the grieved place.

3. Their uſe is to eaſe pain, to break ſores, to cool inflammations, to diſſolve hardneſs, to eaſe the ſpleen, to concoct humours, and diſſipate ſwellings.

4. I beſeech you take this caution along with you; Uſe no poultices (if you can help it) that are of an healing nature, before you have firſt cleanſed the body, becauſe they are ſubject to draw the humours to them from every part of the body.

## CHAP. XIII. *Of Troches.*

1. THE Latins call them *Placentula*, or little cakes, and the Greeks *Prochikois*, *Kuhliscoi*, and *Artiscoi*; they are uſually little round flat cakes, or you may make them ſquare if you will.

2. Their firſt invention was, that powders being ſo kept, might reſiſt the intermiſſion of air, and ſo endure pure the longer.

3. Beſides, they are eaſier carried in the pocket of ſuch as travel; as many a man (for example) is forced to travel whoſe ſtomach is too cold, or at leaſt not ſo hot as it ſhould be, which is moſt proper, for the ſtomach is never cold till a man be dead; in ſuch a caſe, it is better to carry troches of wormwood, or galangal, in a paper in his pocket, than to lay a gallipot along with him.

4. They are made thus: At night when you go to bed, take two drams of fine gum tragacanth; put it into a gallipot, and put half a quarter of a pint of any diſtilled water fitting for the purpoſe you would make your troches for, to cover it, and the next morning you ſhall find it in ſuch a jelly as the phyſicians call mucilage: With this you may (with a little pains taking) make a powder into a paſte, and that paſte into cakes called troches.

5. Having made them, dry them in the ſhade, and keep them in a pot for your uſe.

## CHAP. XIV. *Of Pills,*

1. THEY are called *Pilulæ* because they resemble little balls; the Greeks call them *Catapotia.*

2. It is the opinion of modern physicians, that this way of making medicines, was invented only to deceive the palate, that so, by swallowing them down whole, the bitterness of the medicine might not be perceived, or, at least it might not be unsufferable; and indeed most of their pills, tho' not all, are very bitter.

3. I am of a clean contrary opinion to this. I rather think they were done up in this hard form, that so they might be the longer in digesting; and my opinion is grounded upon reason too, not upon fancy, or hearsay. The first invention of pills was to purge the head; now, as I told you before, such infirmities as lie near the passages, were best removed by decoctions, because they pass to the grieved part soonest; so here, if the infirmity lies in the head, or any other remote part, the best way is to use pills, because they are longer in digestion, and therefore the better able to call the offending humour to them.

4. If I should tell you here a long tale of medicines working by sympathy and antipathy, you would not understand a word of it: They that are set to make physicians, may find it in the treatise. All modern physicians know not what belongs to a sympathetical cure, no more than a cuckow what belongs to flats and sharps in musick, but follow the vulgar road, and call it a hidden quality because 'tis hidden from the eyes of dunces, and indeed none but astrologers can give a reason for it; and physick without reason, is like a pudding without fat.

5. The way to make pills is very easy, for with the help of a pestle and morter, and a little diligence, you may make any powder into pills, either with syrup, or the jelly I told you before.

## CHAP. XV. *The way of mixing Medicines, according to the Cause of the Disease, and part of the body afflicted.*

THIS being indeed the key of the work, I shall be somewhat the more diligent in it. I shall deliver myself thus:

1. To the Vulgar.

2. To ſuch as ſtudy Aſtrology; or ſuch as ſtudy phyſic aſtrologically.

1ſt, To the Vulgar. Kind ſouls, I am ſorry it has been your hard miſhap to have been ſo long trained in ſuch Egyptian darkneſs, even darkneſs which to your ſorrow may be felt: The vulgar road of phyſic is not my practice, and I am therefore the more unfit to give you advice. I have now publiſhed a little book, (*Galen's Art of Phyſic*) which will fully inſtruct you, not only in the knowledge of your own bodies, but alſo in fit medicines to remedy each part of it when afflicted; in the mean ſeaſon take theſe few rules to ſtay your ſtomachs.

1. With the diſeaſe, regard the cauſe, and the part of the body afflicted; for example, ſuppoſe a woman be ſubject to miſcarry, thro' wind; thus do:

(1.) Look Abortion in the table of diſeaſes, and you ſhall be directed by that, how many herbs prevent miſcarriage.

(2.) Look Wind in the ſame table, and you ſhall ſee how many of theſe herbs expel wind.

Theſe are the herbs medicinal for your grief.

2. In all diſeaſes ſtrengthen the part of the body afflicted.

3. In mix'd diſeaſes there lies ſome difficulty, for ſometimes two parts of the body are afflicted with contrary humours, as ſometimes the liver is afflicted with choler and water, as when a man hath both the dropſy and the yellow jaundice; and this is uſually mortal.

In the former, Suppoſe the brain be too cold and moiſt, and the liver be too hot and dry; thus do:

1. Keep your head outwardly warm.

2. Accuſtom yourſelf to the ſmell of hot herbs.

3. Take a pill that heats the head at night going to bed.

4. In the morning take a decoction that cools the liver, for that quickly paſſeth the ſtomach, and is at the liver immediately.

You muſt not think, courteous people, that I can ſpend time to give you examples of all diſeaſes. Theſe are enough to let you ſee ſo much light as you without art are able to receive: If I ſhould ſet you to look at the ſun, I ſhould dazzle your eyes, and make you blind.

2dly, To such as study Astrology, (who are the only men I know that are fit to study physic, physic without astrology being like a lamp without oil: you are the men I exceedingly respect, and such documents as my brains can give you at present (being absent from my study) I shall give you.

1. Fortify the body with herbs of the nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or Infortune in this case.

2. Let your medicine be something antipathetical to the Lord of the Sixth.

3. Let your medicine be something of the nature of the sign ascending.

4. If the Lord of the Tenth be strong, make use of his medicines.

5. If this cannot well be, make use of the medicines of the Light of Time.

6. Be sure always to fortify the grieved part of the body by sympathetical remedies.

7. Regard the Heart, keep that upon the wheels, because the Sun is the foundation of life, and therefore those universal remedies, *Aurum Potabile*, and the Philosopher's Stone, cure all diseases by fortifying the heart.

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